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the fast 800 recipe book

Low-carb, Mediterranean style recipes for intermittent fasting and long-term health

Achieve rapid weight loss on 800 calories daily or the new 5:2

DR CLARE BAILEY and JUSTINE PATTISON
Foreword by DR MICHAEL MOSLEY

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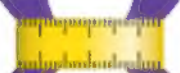

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Foreword by Michael Mosley

It was in 2012 that I discovered, thanks to a random blood test, that I was a Type 2 diabetic. Rather than start on medication, I researched the benefits of intermittent fasting and started on what I called The 5:2 Diet, cutting my calories for two days a week and eating normally for the other five. I lost 9kg (nearly 20lb) and returned my blood sugars to normal.

Since then there has been a revolution in our understanding of the benefits of rapid weight loss. In fact, NHS Choices, which once described the 5:2 as a 'fad diet', now says that, 'Sticking to a regimen for two days a week can be more achievable than seven days, so you may be more likely to persevere with this way of eating and successfully lose weight. Two days a week on a restricted diet can lead to greater reductions in body fat, insulin resistance and other chronic diseases.'

Based on the latest science, I recently wrote a new book, *The Fast 800*, which pulls together everything I've learned about the easiest and most effective ways to lose weight and keep it off. In that book I made some changes to the original 5:2, upping the number of calories I recommend you eat on a fasting day to 800, which is enough to ensure you get all the nutrients you need without going hungry, and introducing a rapid weight loss option (where you eat 800 calories a day, every day) in order to kickstart your diet, and reap many other health benefits, too. As in previous books, the recipes in *The Fast 800* were created by my wife, Dr Clare Bailey.

The Fast 800 rapidly became an international bestseller, bought and read by hundreds of thousands of people. There was immediate demand for a follow-up recipe book, which Clare, with the help of the acclaimed cook and food writer Justine Pattison, has duly delivered. Having tasted the recipes in this book, I can assure you they are both delicious and filling!

So why should you follow the Fast 800 programme? One of the main benefits of doing this diet is that you lose fat – fast – which is very motivating. Contrary to what we are often told, losing weight fast doesn't mean you will put it back on again, even faster.

A recent, hugely impressive study called DIRECT, carried out by Professors Mike Lean and Roy Taylor, showed that people with Type 2 diabetes who were randomly allocated an 800-calorie diet managed to lose and keep off far more weight than those who we were put on a slow and steady diet. Those allocated the 800-calorie regime lost an average of 10kg, which they kept off for more than a year, compared to just 1kg in the control group. Almost half were able to put their diabetes into remission (they got their blood sugars back to normal, despite not being on medication), compared to 4% in the control group.

Even more impressive was the follow-up study, which looked at what happened to those same patients two years later. Although there was some weight re-gain, the majority of those who had gone into remission were still in remission. And compared to the control group, they were far better off. Not only were they slimmer and with lower blood sugar levels, but they had lower cholesterol levels, lower blood pressure and were on far less medication. There were also far fewer serious side effects, such as heart attacks or new cases of cancer.

As Professor Lean said to me, 'For years we have been telling patients with Type 2 diabetes to take the pills and not worry too much. It is time to be honest and tell them that this is a serious disease with nasty complications, particularly if you develop it in your 40s or 50s. The good news is that with the right help many people can now get shot of it.'

I do hope you enjoy this book, a winning combination of art and science!

Introduction

Two of the great passions of my life have been food and medicine. Both my parents were doctors and my mother, who was a superb cook as well as a renowned child psychiatrist, taught me the joys of experimenting with food and combining flavours in different ways. She was also a believer in the impact of good food on mental health.

Following in her footsteps, I trained as a doctor at the Royal Free Hospital in London, where I met my husband, Michael Mosley, who has surprised me by going on to become a television presenter and health guru!

What surprises me even more, at least in retrospect, is how little we learned during our years at medical school and my subsequent GP training, about the impact of diet or exercise on health. We were aware of the importance of 'lifestyle advice' but most of the time we did what we were trained to do – prescribe medication, and in increasing quantities.

When I first qualified, in the 1980s, the standard advice, rarely questioned, was to tell patients to go on a 'low-fat diet'. The fact that this steered them towards eating more carbs, usually in the form of sweet, starchy and often highly processed foods, didn't seem to matter. After all, everyone 'knew' that the only real way to get fat was by eating fat. As we now know, that advice was not just unhelpful, it was wrong. Eating fat does not necessarily make you fat; and sticking to a low-fat diet can mean you are missing out on healthy natural fats, which not only make food taste better and keep you feeling full for longer, but provide important nutrients and vitamins.

When Michael discovered he had Type 2 diabetes it was a wake-up call. He managed to reverse his condition by losing a lot of weight fast on the 5:2 diet, and from then on, we both obsessively studied the evolving new

science about the impact of food on health. Over the past seven years, new research has led to major developments in our understanding of the best ways to achieve weight loss, as well as life-changing advances in the prevention and reversal of diabetes.

I have recently been involved myself with an Oxford University study, 'The Dietary Approaches to the Management of Type 2 Diabetes (DIAMOND)', which put participants with Type 2 diabetes on a low-carb diet and an 8-week programme of 800cals a day, followed by 4 weeks of weight maintenance – the results of which look very promising. The message is now clear, Type 2 can be improved and even reversed by losing weight fast on a low-calorie or intermittent fasting diet.

In *The Fast 800* Michael has brought together all the latest scientific research to provide one highly flexible, easy-to-follow programme – aimed not just at diabetics and prediabetics, but anyone who wants to lose weight and keep it off. And this companion recipe book is designed to help you put that programme into practice, whatever your needs or goals. You may have a lot of weight to lose, you may have a medical condition that is improved by weight loss, you may only need to shift a bit of weight and want the flexibility of intermittent fasting, or perhaps you simply want the long-term benefits of maintaining this way of life.

I am delighted to have worked on this book with expert cook and food writer Justine Pattison. Together, we have created a collection of delicious recipes, which all follow the principles of a lowish-carb Mediterranean-style diet. These recipes are also tailored to support your microbiome – enabling those trillions of microbes living in your intestine to work more effectively on your behalf and produce substances that can boost your overall health and well-being, and even improve your mood.

There are numerous calorie-counted meals for you to choose from for your 800cals fast days, as well as tips for adapting them for non-fast days, when you are not calorie counting. You will also find a good selection of meal-replacement shakes, as much of the research on rapid weight loss has been done using these, and we have had many people inquiring about including them within the programme.

For me, as a GP, this has been an incredibly rewarding and exciting time. Sharing diet and lifestyle advice with patients has at last felt like pushing on an open door. At the same time, there has been a grass-roots surge of interest in intermittent fasting and uptake internationally, which has motivated thousands of people around the world to transform their lives and future health.

Many of my patients have told me that they love the flexibility of the Fast 800, with its combination of more manageable fasting days and lowish-carb Mediterranean-style food. They say it is the first diet they have been able to stick to and they are genuinely surprised that they no longer feel hungry all the time.

I do hope you like these recipes and that they help you to lose weight, while enjoying the food and feeling satiated. Finding a sustainable way of not just losing weight but keeping it off – that is the key to taking back control of your health.

DR CLARE BAILEY

A note from Justine Pattison

When Clare rang and asked me to help assemble the recipes for this book I was thrilled. I felt that my experience of writing cookbooks about weight loss and creating health-related recipes, combined with Clare and Michael's medical background and extensive knowledge about the impact of food on health, would make us a perfect fit.

To see how doable the diet really is, I tested the Fast 800 principles on myself. After indulging for a few weeks on lots of foods packed with starchy carbs, I embarked on the Fast 800 for four weeks, eating around 800cals a day. I rapidly lost 12 pounds and my energy levels soared. Despite a punishing work schedule, my skin glowed and I felt great. This also gave me great insight into how to tailor the recipes.

Clare and I have created recipes to fit into everyday life – simple to cook, using ingredients that are easily accessible and that taste delicious!

Every recipe has been tested in my test kitchen. You'll find a wide variety here and we've added lots of extra tips and ideas for serving suggestions, using up leftovers and ideas about what to eat on non-fast days, too.

At the back of the book are handy meal plans to follow should you wish: two weeks of 800cals menus offering three meals a day; and two weeks of 800cals menus offering two meals a day, for those following a Time Restricted Eating (TRE) plan. And if you prefer to eat meat-free, there are also separate vegetarian meal plans.

Working with Clare on this book has been a huge pleasure and I hope you enjoy all the recipes as much as we do.

What is the Fast 800?

This diet is designed to be as flexible as possible, while incorporating the best science-based advice. All the meals are based on a lowish-carb Mediterranean-style way of eating, but how you manage the 800cals days is down to you.

Most people choose to kickstart their diet with a fast-track plan of 800cals a day, every day, for two or more weeks. They then move on to the New 5:2, cutting their calories for two days a week, and on the other days continuing to eat a healthy, Med-style diet, keeping carbohydrate intake low and controlling portion size. But you can tailor your regime to suit your needs. If you find the idea of the fast-track plan daunting, you could go straight to the New 5:2 and stick with that, in which case you will lose weight but not quite so quickly.

As Michael describes in his book, you can also add in a relatively new form of intermittent fasting called Time Restricted Eating (TRE), whereby you eat all your calories within a narrower time window each day – usually within 8 to 12 hours. This extends the length of your normal overnight fast (when you are sleeping and not eating) and gives your body an opportunity to burn fat and do essential repairs (see here for more information).

As with any diet, the Fast 800 may not suit everyone, so check with your health professional first (see page 12 for exclusions and cautions).

The Mediterranean-style makeover

While 'lowish' in carbohydrates, this is not a seriously restrictive diet, where you have to give up everything that contains carbs. However, it does mean reducing, and ideally avoiding, sugary foods. It also means cutting right back on starchy carbs, such as white bread, white pasta, rice and

potatoes, as well as most breakfast cereals, since these readily convert to sugars in your body.

As a general principle, the Mediterranean-style way of eating involves moving away from processed foods and towards eating food cooked from scratch and prepared in a more traditional way – although, mindful of our time-poor lives, we have tried to keep the recipes as simple as possible.

The great thing about eating a Med-style diet, rather than a low-fat one, is that you can enjoy plenty of olive oil, avocados, some full-fat dairy, lots of nuts, seeds and oily fish – all the kinds of ingredients that make food tasty and filling. The programme also includes masses of vegetables, some fruit, as well as wholegrains, beans and lentils for extra fibre.

STAGE 1

Rapid weight loss with 800-calorie fasting

We recommend that you start with this intensive stage, if possible. By sticking to 800cals a day, every day, for at least two weeks, you will kickstart your weight loss and better metabolic health. 800cals a day is low enough to induce mild ketosis, which is associated with fat burning, but high enough to ensure you get the nutrients you need.

After two weeks, pause and reflect on how it is going. If you are feeling good, losing weight and not struggling to stick to the diet, then carry on. You can continue this approach until you reach your goal or for up to 12 weeks.

Rapid weight loss is motivating and it is particularly helpful for people with a lot of weight to lose, for those with central obesity (excessive abdominal fat around the stomach) or who have raised blood sugars.

Some people find it helpful during this stage to make up some of their meals as shakes. See pages 50–53 for recipes or visit thefast800.com where we have developed ready-made meal replacement shakes with a Med-style formulation to help fill the gap.

STAGE 2

Intermittent fasting with the New 5:2

When you are nearing your target, or if you don't have much weight to lose, you can switch to the New 5:2. This is probably one of the easiest and most effective ways to lose weight and keep it off. We now recommend that, instead of reducing your calories to only 500–600 calories, as in the original 5:2 Fast Diet, you stick to 800 calories on fast days, while continuing to eat the Med-style way on non-fast days, not calorie counting, but exercising portion control.

STAGE 3

The lowish-carb Med-style diet and maintenance programme

Once you've hit your goal and grown to love the Med-style approach, you are in the groove – the maintenance phase. Stick to the general principles, using the recipe amends we offer for non-fast days and throwing in the odd fast day, and you are set for life. Enjoy the occasional treat, but try to maintain a diet low in sugar and moderately low in starchy carbohydrates, to help prevent sugars creeping up or weight piling back on. Relax a bit, but not too much! If your weight increases or your new outfit starts to feel tight, you know what to do…

Adding in Time Restricted Eating (TRE)

TRE enhances the benefits of the Fast 800. If you stop eating by 8pm and don't start again till 8am, that is a 12-hour fast (i.e. a 12:12). Start with this, then build up to a 14-hour fast (which means eating within a 10-hour window, a 14:10). Many people find that eating in a shorter window during the day makes it easier to manage a fast day. But it is a good habit to get into on non-fast days, too. See pages 246–7 for our menu plans based around two meals rather than three.

Benefits of the Fast 800 approach

There is a well-demonstrated, sustainable benefit to health in eating a moderately low-carb, Med-style diet and in being comfortably within a normal weight. People do the Fast 800 for a range of reasons:

- **To lose fat, fast:** as Michael says, one of the main benefits of doing the Fast 800 and the New 5:2 is rapid, sustainable weight loss, and that, contrary to what we are often told, losing weight fast doesn't mean you will put it back on again, even faster.

- **For general health and to live longer,** as well as for the sense of well-being and increased energy it brings. A recent study which compared people doing 5:2 intermittent fasting with standard dieting found the intermittent dieters were much more efficient at clearing fat from their blood after being given a fatty meal. Being overweight or obese also puts you at risk of developing common cancers, such as breast and bowel cancer. Excess fat, particularly around the gut, sends signals to the rest of your body telling your cells to divide more frequently, and getting rid of belly fat is a good way to counter that.

- **For metabolic reasons,** such as improving blood sugars, reversing and preventing diabetes, reducing blood pressure, improving cholesterol and lipid profile, reversing non-alcoholic fatty liver disease (NAFLD), reducing risks of coronary artery disease and strokes, reducing the risk of dementia (known also as Type 3 diabetes), reversing polycystic ovary syndrome (PCOS), as well as improving the chance of conception in obesity and reducing the risk of diabetes in pregnancy.

- **To power up your brain:** people who've done the Fast 800 report greater energy and clarity when they cut out sweet and starchy foods and go

into mild ketosis. Research is increasingly confirming the benefits of this approach for reducing cognitive decline and even for increasing the production of new brain cells.

- **To boost your mood and motivation:** not only is the Mediterranean diet good for the heart and waist, it is also a great way to reduce depression and anxiety. In fact, studies have shown that those who stick closest to a traditional Mediterranean diet have a 33 per cent lower risk of developing depression than those who don't. Conversely, eating a diet containing lots of junk or processed food leads to much higher rates of depression.

- **To help reduce inflammation in the body,** leading to improvements in conditions such as arthritis, asthma and psoriasis, as well as reducing the risk of some cancers.

SAFETY: Exclusions and cautions

This diet is not suitable for under-18s, or if you're breastfeeding, pregnant or undergoing fertility treatment. Do not do it if you are underweight or have an eating disorder. Discuss with your GP if you are on medication or if you have a medical condition, including diabetes, low or high blood pressure, retinopathy or epilepsy. Nor should you do this if you are frail, unwell or whilst doing endurance exercise. (For more detailed information see https://thefast800.com/faqs/)

Seven ways to go lowish carb, Med-style

1 **Reduce sugars and starchy foods.** Most people realise they should be eating less cake, sweets, biscuits and sweetened drinks, but those are just the tip of the iceberg. There are all sorts of other culprits that contain hidden sugars, such as fruit juices, instant oats, most processed and many pre-prepared foods, white pasta, rice and bread, as well as potatoes and sweet potatoes. These foods convert into sugar in your blood almost as quickly as the white stuff itself.

A cautionary word on fruit – although fresh fruit contains fibre and healthy nutrients, it also contains lots of sugar. (See overleaf for more on which fruits are best and when to eat them.)

2 **Eat decent amounts of protein every day.** Your body can't store protein. If deprived, it will break down your own protein and muscles to get what it needs. Aim for around 45–60g of protein most days, even on 800cals days. Include plenty of oily fish, seafood, chicken, eggs, some full-fat dairy, some red meat, as well as tofu, beans, lentils, Quorn and nuts. Restrict processed meats, such as bacon, sausages or salami, although we do include small quantities in some recipes for protein and flavour.

3 **Increase your consumption of natural healthy fats, mainly plant-based.** Being energy-dense, fat is an excellent slow-release form of energy that keeps you going without pushing up sugars. And many high-fat foods are extremely nutritious. So, enjoy adding in lovely extra-virgin olive oil, and eating some full-fat dairy, ideally in fermented form, such as cheese and yoghurt, as well as satiating avocado, salmon and oily fish, and nuts and seeds. Avoid low-fat diet products and highly processed fats.

4 **Fill half your plate with non-starchy veg**, such as spinach, kale, chard, spring greens and cabbage, as well as green beans, peppers, courgettes, broccoli, cauliflower and salad leaves. All these vegetables contain lots of nutrients, as well as fibre that helps the 'good' microbes in your gut to thrive. In fact, these are so important that we have decided to release you from having to calorie count them! If you are not a fan, you might find that eating these vegetables cooked with extra seasoning, or with added flavours, converts you, particularly on a fast day – it is said that hunger is the best sauce! (See page 241 for ideas on how to add interest to your greens.)

5 **Avoid snacking between meals, or late-night grazing.** The trouble with snacking is that it reduces fat burning. If you must snack on a fast day, eat a small portion of non-starchy vegetables, such as sliced cucumber, broccoli or celery. We include some recipes for dips (see pages 106–7), but these are best eaten as part of a meal. Alternatively, try a few nuts (one portion is the amount that will sit on the palm of your hand) or a sliver of cheese.

6 **Swap white rice and pasta for wholemeal versions and pulses, such as lentils, quinoa and beans.** Best eaten in moderation, these 'complex carbohydrates' are a particularly good source of fibre – the ideal 'fertiliser' to keep your microbiome happy and healthy – and are key to the success of a Mediterranean diet, which is 'lowish' in carbs in contrast to a very low-carb diet where many high-fibre healthy carbs are avoided, too. We encourage you to add them in on non-fast days.

7 **Drink healthily.** It is vital, when you are reducing calories and losing weight, to make sure you remain well hydrated by adding extra fluids – mainly water, if you can. Otherwise, stick to black tea, fruit teas and black coffee (see page 244 for some suggestions for other no-cal drinks). Avoid anything with added calories. And any drinks containing sweeteners. Although it's best to avoid alcohol on 800cals days, you can enjoy the

occasional glass of red wine on non-fast days in the spirit of the Mediterranean diet.

Q and A

How do I get started?
It takes time and effort to adjust to a new way of eating. And it is easy to get hung up on willpower – or one's apparent lack of it. So, the most important thing is good planning. It helps to write down why you want to do the diet and, specifically, what your goals are. Go out and tell people, too, as you are more likely to stick to it. Clear away tempting and unhealthy foods, if you can. And then, just set a day to start. The first few weeks are the toughest. But once your body has adapted to fat-burning, it gets easier and you should find that you feel a great deal better – more energetic, clearer-headed and less tired – which is highly motivating.

Should I drink more on my 800cals days?
Being dehydrated is the main reason people give up on fast days – it leaves you feeling feeble, light headed and with brain fog, symptoms often mistakenly attributed to being on a low-cal regime. When you cut back your calories, not only do you miss the usual fluid in food, you also lose water as part of the process of breaking down fat. So, drinking extra fluids can be key to success – most people will require 1–1.5 litres extra each day, particularly if it's hot or you are active.

Which oils are best?
As a rule of thumb, the less processed the oils the better. Cold-pressed oils, such as extra-virgin olive and rapeseed oil, are minimally processed, retaining their beneficial nutrients. But they are more expensive than more refined oils. For a cheaper alternative choose light olive oil. Peanut oil is good for making stir fries and we like to use coconut oil, especially in baking and some Asian foods. But olive oil is king. On non-fast days when you are not worrying about calorie-counting – and even on fast days, when you just need to be mindful of the extra calories – we would encourage you

to be generous with it. It tastes gorgeous, keeps you full for longer and has plenty of health benefits. And don't worry about the 'smoke point' when frying, as olive oil has been found to be safe when heated at regular temperatures.

What kind of seasoning should I be using?
We use plenty of freshly ground black pepper and flaked sea salt, such as Maldon, as this gives more flavour with less salt due to finer crystals.

How much meat should I eat?
Michael and I are generally reducing the amount of meat we eat for health and environmental reasons. We have done this by stealth at home, so the kids haven't really noticed the change. And we are all thoroughly enjoying our meat-free meals. However, on a fasting day, eating meat is an effective way to ensure you get an adequate amount of protein. As for processed meats – only eat these occasionally and choose good-quality versions.

What about full-fat dairy?
As Michael explains in *The Fast 800*, it is time to dump the low-fat dairy products and go back to enjoying luscious, satiating, full-fat dairy, particularly the live fermented versions, such as Greek-style yoghurt, cheese or crème fraîche. Butter is back on the menu, too, in moderation, and is probably better for you than most processed spreads. For people who are dairy-free, there are plenty of good alternatives, such as unsweetened nut or oat milk – although you may need to factor in different calorie counts for these and they may be lower in protein (see page 240 for standard dairy calories).

Can I eat fruit?
Many of my patients graze on fruit throughout the day, making it the main part of their 5-a-day. Unfortunately, fruit is a natural sugar storage device, with tropical fruits, like pineapples, mangoes, bananas and watermelon, rating particularly highly. Snacking on these is likely to spike your blood sugars and stop fat-burning. Try and stick instead to berries and hard fruits,

such as apples and pears, which also tend to be higher in fibre. Ideally, you should be eating them as part of a meal, rather than as a snack, and only two portions a day. Also, if you eat fruit when it is less ripe, the sugar content will be lower.

Is the Fast 800 suitable for vegetarians and/or vegans?
This diet is suitable for vegetarians and we have included vegetarian and meat-free recipes. To make it easier to get enough protein, we would recommend adding in extra where you can, such as a handful of nuts or seeds, portions of tofu, edamame, lentils, quinoa, peas or beans, even if this takes you up to 900cals on fast days – it's worth it. Adding high protein shakes can help. However, this diet is not specifically designed for vegans, who can find it more of a challenge to achieve adequate protein and nutrients while only eating 800cals. Making a fasting diet suitable for vegans requires careful planning, and is best done with professional support.

Should I take vitamins?
We recommend taking a good-quality multivitamin on 800cals fasting days, to make sure you get the vitamins and minerals you need.

How long is it safe to do the Fast 800?
Rapid weight loss for up to 12 weeks has been shown to be safe, and has been used in research. But stick to our recommendations and make sure you drink plenty of water. Some people continue for longer. However, we would recommend that once you reach your goal, or after three months, you start introducing non-fasting days each week. On these days you should practise portion control as part of a Med-style diet and move towards an intermittent fasting regime. (See Stage 2 on page 11.)

Should I tell my doctor/health professional? It is always a good idea to keep them informed about a major change to your diet, particularly if you have a medical condition and/or are on medication (see page 12 for exclusions and cautions). It may help to print out a letter advising them

about the diet, so they can monitor and support you in the process. This can be found at thefast800.com. Most health professionals will be aware of this approach and will be supportive.

Tips for using this book

Calorie counts
All the calorie counts given on the recipes refer to one individual serving, unless stated otherwise. That said, please be aware that we include calorie counts as a rough guide only. There are variations between different nutritionists, counters and apps, and you should not be too concerned by a few extra calories here or there. In fact, we have made non-starchy vegetables, such as leafy greens, broccoli, salad leaves, radishes, runner beans and celery, into 'no counting' options, as the calories in these foods are insignificant compared with their nutritional benefits. If a recipe includes a serving suggestion, such as a salad or some steamed greens, these can be considered a free non-counting extra – unless you want to add a dressing or a teaspoonful of extra-virgin olive oil, in which case, see page 241 for calories.

Non-fast days
For those days when you are not sticking to 800cals – i.e. if you are on the New 5:2 or have moved on to the Maintenance stage – we offer suggestions and tips for how to adapt the recipes to make them more substantial. These might involve simply increasing or doubling the portion size, or adding a few tablespoons of brown rice or lentils, an extra glug of olive oil, a slice of seeded bread or extra vegetables.

Make the recipes suit you
These recipes are based on a Mediterranean-style way of eating, but can be adapted to fit different cuisines and tastes. Feel free to adjust them by using alternative flavours, or adding different herbs and spices – all of which have minimal impact on calories. You could turn

a basic Bolognese into a spicy Mexican dish, or Mediterranean vegetables into a curry. The more tasty and satisfying your food, the more likely you are to stick to this way of eating.

Breakfast and Brunch

Breakfast is often described as the most important meal of the day, but there are no hard and fast rules as to when you should eat it. Both Michael and I love breakfast, but if you prefer to skip it or eat it later, that's fine; and by doing so you are extending your overnight fast – an effective form of intermittent fasting called TRE (see pages 10–11). We include a variety of breakfast options, from quick and easy to relaxed brunches, and food to eat on the go. But, whether you eat anything or not, you MUST drink plenty of fluids to keep you going until you do 'break your fast'.

Pear and cinnamon porridge

PER SERVING | 267cals | PROTEIN 7.5g | FAT 8g | FIBRE 6g | CARBS 38g

SERVES 1

30g jumbo porridge oats
1 Conference pear (around 135g), peeled, cored and roughly chopped
¼ tsp ground cinnamon
75ml full-fat milk
5g toasted flaked almonds (around 2 tsp)

A comforting and filling breakfast. You can substitute the pear with a grated apple, if you like.

1 Place the oats, pear and cinnamon into a small non-stick saucepan. Pour in the milk and 120ml water and cook over a low–medium heat for 5–6 minutes, stirring constantly, or until the oats are softened and creamy.

2 Pour into a deep bowl and scatter with the flaked almonds to serve.

If you can't find ready-toasted almonds, toast your own in a dry frying pan over a low heat for 1–2 minutes, stirring regularly; or simply top with the untoasted kind.

NON-FAST DAYS
Increase the portion size.

Chocolate granola

PER SERVING | 274cals | PROTEIN 8g | FAT 16g | FIBRE 3g | CARBS 22g

SERVES 8

4 tbsp coconut oil
1 tbsp cocoa powder
1 tbsp maple syrup
200g jumbo porridge oats
100g mixed nuts, roughly chopped
75ml full-fat milk (per serving)

This easy breakfast is filling and full of fibre – a wonderful alternative to sugary breakfast cereals.

1 Preheat the oven to 170°C/fan 150°C/Gas 3.

2 Melt the coconut oil with the cocoa powder and maple syrup in a large non-stick saucepan over a gentle heat, stirring regularly.

3 Remove from the heat and stir in the oats until thoroughly coated. Scatter evenly over a baking tray and bake for 15 minutes.

4 Remove from the oven and stir in the nuts. Return to the oven for a further 10 minutes.

5 Remove from the oven and leave to cool and crisp up on the tray.

6 Serve 40g granola with 75ml milk per person.

COOK'S TIPS

- Store in an airtight jar for up to 2 weeks.
- Serve with full-fat live Greek yoghurt instead, but remember to adjust the calories. The 75ml full-fat milk contains 47cals. Non-dairy milk can be used and the calories calculated separately.
- Buy your nuts ready mixed or chop your own selection.

NON-FAST DAYS

Add 100g finely chopped 85% dark chocolate to the granola for the last 5 minutes of the cooking time. Don't stir but let it cool and harden for a few hours before putting it in the jar.

Overnight oats

PER SERVING | 351cals | PROTEIN 10.5g | FAT 20g | FIBRE 5.5g | CARBS 30g

SERVES 2

1 small apple
60g jumbo porridge oats
25g toasted hazelnuts, roughly chopped
75g full-fat live Greek yoghurt
100ml full-fat milk
1 tbsp mixed seeds
50g blueberries or mixed berries

Soaking the oats in milk overnight softens them. The apple adds fibre and makes them extra juicy.

1 Coarsely grate the unpeeled apple, working your way carefully around the fruit, avoiding the core.

2 Put the grated apple into a bowl and stir in the oats, hazelnuts, yoghurt and milk. Cover and chill in the fridge for several hours or overnight.

3 Serve topped with the mixed seeds and berries.

You can use dairy-free yoghurt and milk for this recipe but you'll need to recalculate the calories accordingly. The 75g full-fat live Greek yoghurt contains 50cals and 100ml full-fat milk contains 63cals.

Store the overnight oats in small lidded containers to make this an easy portable breakfast, too.

NON-FAST DAYS

Increase the portion size.

Instant porridge in a cup

PER SERVING | 399cals | PROTEIN 12.5g | FAT 24g | FIBRE 4.5g | CARBS 31.5g

SERVES 1

40g porridge oats (not jumbo)
1 tbsp dried skimmed milk powder
8 walnut or pecan halves, roughly chopped

This very portable porridge is ideal if you're travelling or only have access to a kettle. Skimmed milk powder is easy to find in the supermarket and is often fortified for an extra vitamin boost.

1 Pour boiled water into a mug to heat it, then tip it away.

2 Place the oats and dried skimmed milk powder in the warmed mug and pour over just enough boiling water to cover – you'll need around 150ml. Stir well and put a plate over the top. Leave to stand for 3–5 minutes. Check the consistency and add extra water if needed. Stir again to release the starch and make the oats creamy.

3 Top with the nuts to serve.

- This recipe uses plain porridge oats (rolled oats) rather than the chunkier jumbo kind, so they soften more easily.
- Add ¼ teaspoon ground cinnamon to the dry ingredients if you like.

- You could serve the porridge topped with a handful of fresh blueberries or a sliced banana, but remember to add the extra calories.

NON-FAST DAYS

Increase the portion size.

Blueberry pancakes

PER SERVING | 284cals | PROTEIN 12g | FAT 9.5g | FIBRE 1.5g | CARBS 37g

SERVES 2

75g wholemeal self-raising flour
15g porridge oats (not jumbo)
1 large egg
100ml full-fat milk
125g blueberries
2 tsp rapeseed or coconut oil

A weekend treat, which can be multiplied to serve all the family. Use rolled porridge oats rather than the jumbo variety for the best results.

1 Place the flour and oats in a bowl, make a well in the centre and break the egg into it. Pour in half the milk and, using a whisk, beat everything together to form a thick batter. Add the remaining milk and beat hard until the batter is smooth.

2 Tip the blueberries into a separate bowl, keeping some aside for garnishing later, and lightly crush with the back of a spoon before adding to the batter and mixing well.

3 Brush a large non-stick frying pan with a little of the oil and place over a medium–high heat. Spoon a sixth of the batter in a loose heap on one side of the pan and allow to spread gently. Add two more spoonfuls in the same way. Cook for 2 minutes, or until small bubbles appear on the surface and

the top is beginning to set, then carefully flip over and cook on the other side for 1½–2 minutes.

4 Transfer the pancakes to a warmed plate and cook the remaining three pancakes in the same way. Serve with the reserved blueberries.

- Use non-dairy milk if you prefer but remember to adjust the calories. 100ml full-fat milk contains 63cals.
- If you are making this breakfast for one, keep the remaining pancakes for the next day. Reheat on a covered plate in the microwave on high for around 30 seconds, or until hot throughout.

NON-FAST DAYS

Top the pancakes with a sliced banana or a handful of fresh berries.

Warm berry compote with yoghurt

PER SERVING | 190cals | PROTEIN 6g | FAT 10g | FIBRE 2.5g | CARBS 17g

SERVES 2

100g mixed frozen berries, any variety
2 soft pitted dates, finely chopped
200g full-fat live Greek yoghurt

A luscious combination that makes the most of frozen fruit. Choose a berry selection that includes naturally sweet strawberries or cherries if you can.

1 Put the frozen berries and dates in a small saucepan and heat gently for 3–5 minutes, or until the fruit has thawed and warmed, stirring regularly. Add a splash of water if needed, to help the fruit soften.

2 Divide the yoghurt between two bowls and spoon the warm compote on top. Eat immediately.

★ For a thicker compote, cook the fruit with 1 teaspoon chia seeds and a few extra tablespoons of water.
★ You could leave the compote to cool and serve with the yoghurt as a dessert.

NON-FAST DAYS

Sprinkle with toasted jumbo oats, mixed seeds or roughly chopped nuts.

Turmeric breakfast boost

PER SERVING | 178cals | PROTEIN 5.5g | FAT 12.5g | FIBRE 1g | CARBS 10.5g

SERVES 2

1 small banana, peeled and chopped (around 65g prepared weight)
150g full-fat live Greek yoghurt
½–1 tsp ground turmeric (to taste)
¼ tsp ground ginger
¼ tsp ground cinnamon
8 pecan or walnut halves, roughly broken or chopped

This spiced, creamy yoghurt can be eaten for breakfast or as a pudding. Either way you should get the anti-inflammatory and cancer-reducing benefits of turmeric, the effect of which is enhanced by the fat in the yoghurt.

1 Place the banana in a bowl and mash roughly with a fork.

2 Add the yoghurt and sprinkle over the turmeric, ginger and cinnamon.

3 Mix well, adding a splash of water if the yoghurt is a bit thick, then divide between two dishes or glass tumblers, sprinkle with the nuts and serve.

★ Pecan nuts taste particularly delicious toasted. Simply break into small pieces and dry fry in a small pan, without any extra fat, for 2–3 minutes, or until lightly browned, stirring constantly.

NON-FAST DAYS

Serve with an extra sprinkling of nuts.

Banana and pecan muffin

PER SERVING | 322cals | PROTEIN 10g | FAT 25g | FIBRE 2.5g | CARBS 14.5g

SERVES 2

1 tbsp melted coconut oil or rapeseed oil
1 medium egg
1 small ripe banana, peeled and mashed with a fork (around 65g prepared weight)
20g ground almonds
20g wholemeal self-raising flour
¼ tsp baking powder
8 pecan halves, roughly chopped
½ tsp ground cinnamon

You will need a microwave-proof mug (to hold around 350ml)

A warm, fluffy breakfast treat that is a healthy alternative to a coffee-shop muffin. Serve with a handful of fresh berries, if you like (25g will add 11cals).

1 Use a tiny amount of the oil to lightly grease a microwave-proof mug.

2 Break the egg into the mug and beat really well with a fork.

3 Add the banana, ground almonds, flour, baking powder, pecans, cinnamon and the remaining oil and mix well.

4 Cook in a microwave on high for about 1½ minutes, or until risen and firm (the time will vary according to the wattage of your oven). The cake should have just begun to shrink back from the sides of the mug.

5 Leave to stand for 1 minute, then loosen the sides, tip the muffin out of the mug. Cut it in half and serve warm.

- If you prefer to make two smaller muffins rather than one large one, you can combine the ingredients in a bowl and divide the mixture between two ramekin dishes.
- You can melt the coconut oil in the microwave but don't let it overheat.

5:2

NON-FAST DAYS

Serve the muffin with a dollop of full-fat live Greek yoghurt.

Minty citrus salad

PER SERVING | 135cals | PROTEIN 4.5g | FAT 5.5g | FIBRE 3g | CARBS 17g

SERVES 2

1 pink grapefruit
1 orange
1 clementine, tangerine or satsuma
4–5 fresh mint leaves, thinly sliced
100g full-fat live Greek yoghurt

This zingy, light and attractive breakfast could also be served as a dessert. You can prepare the fruit the night before and store in the fridge, so it's chilled and even more refreshing when you eat it.

1 Slice the ends off the grapefruit and orange and place them on a chopping board – ideally with a groove to catch any juice. Using a small sharp knife, cut off the peel and pith, working your way around both fruits. Turn the fruit on its side and slice thinly or separate into segments. Discard any pips.

2 Peel the clementine and thinly slice.

3 Divide the fruit between two plates and pour over any juices.

4 Scatter with the mint and serve with the Greek yoghurt.

NON-FAST DAYS
Scatter with 1 tablespoon of toasted seeds.

Spiced breakfast plums

PER SERVING | 233cals | PROTEIN 6g | FAT 9.5g | FIBRE 2.5g | CARBS 30g

SERVES 2

4 plums (around 275g), halved and stoned
2 × 10–12cm strips orange zest, removed with a vegetable peeler
freshly squeezed juice 1 large orange (around 100ml)
¼ tsp ground cinnamon
100g full-fat live Greek yoghurt
15g toasted flaked almonds

Delicious served warm or cold. This would also make a refreshing dessert.

1 Put the plums in a saucepan. Add the orange zest and juice, 150ml water and the cinnamon. Stir lightly.

2 Bring the liquid to a simmer, then cover with a lid, reduce the heat to low and cook for 10–15 minutes, or until the plums are soft but still holding their shape.

3 Divide the plums between two bowls and serve warm or cold with the Greek yoghurt and a sprinkling of toasted almonds.

COOK'S TIP

If you can't find ready-toasted almonds, toast your own (see page 18).

NON-FAST DAYS

Add extra toasted nuts.

Poached eggs with mushrooms and spinach

PER SERVING | 241cals | PROTEIN 21g | FAT 17g | FIBRE 1g | CARBS 0.5g

SERVES 1

2 medium eggs, fridge cold
5g butter or 1 tsp olive oil
75g small chestnut mushrooms, sliced
large handful young spinach leaves

A quick, low-calorie but filling breakfast for one. Make sure you use eggs that are very fresh.

1 Third fill a saucepan with water and bring to a gentle simmer.

2 Break each egg into a cup, then carefully tip one at a time into the pan. Cook over a very low heat, with the water hardly bubbling, for about 3 minutes, or until the whites are set but the yolks remain runny.

3 While the eggs are poaching, melt the butter or oil in a non-stick frying pan over a medium heat and stir-fry the mushrooms for 2–3 minutes or until lightly browned.

4 Add the spinach and toss with the mushrooms until just wilted. Don't over-cook or lots of liquid will be released. Season with a pinch of sea salt and a good grinding of black pepper.

5 Spoon the mushrooms and spinach on to a warmed plate. Drain the eggs with a slotted spoon and place on top of the veg. Season with a little more ground black pepper to serve.

COOK'S TIP

If you aren't using fridge-cold eggs, reduce the cooking time slightly.

NON-FAST DAYS

Serve on top of a slice of wholegrain buttered toast.

Smoked salmon omelette

PER SERVING | 339cals | PROTEIN 30g | FAT 24.5g | FIBRE 0g | CARBS 0g

SERVES 1

2 large eggs
1 tsp butter
1 tsp olive oil
50g smoked salmon slices, cut into thin strips
fresh chives, snipped, to serve (optional)

A luxurious, quick brunch (or lunch). The butter adds richness to the omelette, but you could just use the olive oil if you prefer. Serve with a mixed salad, adding the extra calories if dressed.

1 Break the eggs into a bowl and whisk thoroughly with a large whisk. Season with ground black pepper. (The salmon will be fairly salty, so there is no need to add salt.)

2 Melt the butter with the oil in a medium non-stick frying pan (approx. 19cm) over a medium heat. Pour the egg into the pan and let it cook for a few seconds. Using a wooden spoon, draw the egg in from the sides of the pan towards the centre and let the uncooked egg run to fill its place. Repeat this several times. This will make the omelette look thicker and lighter.

3 Sprinkle over the salmon strips and leave to cook for 1–2 minutes more, or until the omelette is lightly browned underneath and just set on top, and the salmon is warm and pale pink.

4 Slide the omelette on to a plate, fold and sprinkle with freshly snipped chives if using.

- If you don't like smoked salmon, fry 100g sliced mushrooms in 1 tablespoon olive oil and use this instead. The mushroom version will contain 362cals per serving.
- As an alternative you could lightly scramble the eggs instead and serve the salmon alongside.

NON-FAST DAYS

Toss the salad with Simple salad dressing (see page 241) or a drizzle of extra-virgin olive oil and balsamic vinegar.

Boiled eggs with long-stemmed soldiers

PER SERVING | 216cals | PROTEIN 21g | FAT 13g | FIBRE 3g | CARBS 2.5g

SERVES 1

2 large eggs, fridge cold
75g long-stemmed broccoli or asparagus, trimmed

Lightly cooked long-stemmed broccoli or asparagus makes a fab alternative to toast soldiers.

1 Half fill a small saucepan with water and bring to the boil. Using a slotted spoon, gently add the eggs to the water one at a time and cook for 6–7 minutes for a soft-boiled egg.

2 Meanwhile, fill a wide-based pan with water until around 5cm deep and bring to a simmer. Cook the broccoli or asparagus for 4–5 minutes, or until just tender. Drain.

3 Place the eggs in egg cups on a small plate and serve with the warm stems for dipping.

COOK'S TIP

If you aren't using fridge-cold eggs, reduce the cooking time by around 1 minute.

NON-FAST DAYS

Serve with a slice of seeded sourdough toast.

Mushrooms on toasted sourdough

PER SERVING | 297cals | PROTEIN 13g | FAT 22g | FIBRE 1.5g | CARBS 11g

SERVES 1

1 tbsp olive oil
140g Portobello mushrooms (around 2 large), sliced
1 thin slice wholegrain sourdough bread (around 20g)
½ garlic clove, peeled and crushed
2 tsp fresh thyme leaves or ¼ tsp dried thyme
1 tsp balsamic vinegar
small handful fresh parsley, leaves roughly chopped
2 thin slices goat's cheese (around 40g)

A simple and very quick meal, full of flavour and easy to multiply for extra servings. It takes almost as little time to cook the mushrooms as it does to toast the bread.

1 Heat the oil in large non-stick frying pan over a high heat and fry the mushrooms for 3 minutes, or until lightly browned, stirring constantly.

2 Meanwhile, toast the bread.

3 Add the garlic and thyme to the mushrooms and cook for 30 seconds, stirring. Add the vinegar and parsley and toss together briefly.

4 Pile the mushrooms on to the toast, top with the goat's cheese and finish with a generous grind of black pepper.

COOK'S TIP

We recommend keeping bread ready-sliced in the freezer because, if it is put away, it encourages you to cut down on it and just eat it as an occasional treat. You also get the benefit of reducing the starchy calories in the bread – freezing converts some of the starchy carbohydrates (which are not so good) into resistant starch, which *is* good as it is less digestible (see page 243 for more on this). If you can't get hold of sourdough bread, any wholegrain will do, or any bread made with traditional grains, such as spelt or rye.

NON-FAST DAYS

Serve with extra slices of goat's cheese and a drizzle of olive oil.

Smashed avocado on toast

PER SERVING | 289cals | PROTEIN 6g | FAT 23.5g | FIBRE 5g | CARBS 10.5g

SERVES 2

2 thin slices wholegrain sourdough bread (each around 20g)
1 ripe medium avocado, stoned, peeled and roughly chopped (about 75g prepared weight – see tip below)
25g walnut halves (around 10), roughly chopped
1 plump red chilli, deseeded and diced, or a pinch of crushed dried chilli flakes (optional)
2 tsp balsamic vinegar

This super-fast breakfast is a great way of using up avocados that are over-ripe.

1 Toast the bread and divide between two plates (or serve on one plate to share).

2 Place the avocado and walnuts in a small bowl and mash with a fork.

3 Spread on to the hot toast, sprinkle with the chilli, if using, and drizzle with the balsamic vinegar. Season with sea salt and ground black pepper to serve.

COOK'S TIPS

We've found the best way to prepare an avocado is to cut it in half, remove the stone, and then, using a large serving spoon, scoop between the skin and the flesh and lift the half avocado out in one piece. Turn it on its cut side and slice or chop, as needed.

If you can't get hold of sourdough bread, any wholegrain will do.

NON-FAST DAYS

Top the avocado toast with one or two freshly poached eggs, or some crumbled feta. A tablespoon of toasted mixed seeds is also a lovely addition.

Shakshuka

PER SERVING | 312cals | PROTEIN 19.5g | FAT 17g | FIBRE 5.5g | CARBS 17.5g

SERVES 2

1 tbsp olive oil
1 medium red onion, peeled and finely chopped
1 yellow pepper, deseeded and thinly sliced
2 garlic cloves, peeled and crushed
1 tsp ground cumin
½–1 tsp hot smoked paprika (to taste)
1 × 400g can chopped tomatoes
1 tbsp tomato purée
4 medium eggs
small handful fresh coriander or flat-leaf parsley, leaves roughly chopped, to serve (optional)

A hugely popular brunch dish from the Middle East and North Africa made with eggs poached in a lightly spiced tomato sauce.

1 Heat the oil in a medium non-stick frying pan or shallow casserole that has a lid, add the onion and pepper and gently fry for 5–6 minutes, or until softened, stirring regularly.

2 Add the garlic, cumin and paprika and cook for 20–30 seconds, stirring.

3 Tip the tomatoes into the pan, add the tomato purée, a good pinch of sea salt and lots of ground black pepper.

4 Bring to a simmer and cook for about 4 minutes, or until the tomato sauce has thickened, stirring regularly.

5 Make four holes in the vegetable mixture and break an egg into each one. Cover the pan with the lid and cook very gently for 3–5 minutes, or until the whites are set but the yolks remain runny.

6 Sprinkle with the fresh herbs, if using, and season with more ground black pepper to serve.

COOK'S TIP

If your frying pan doesn't have a lid, use a large heatproof plate (take care when you remove it as it will be extremely hot) or use a large piece of kitchen foil. Covering the pan helps the eggs cook and prevents the tomato sauce from becoming too thick.

5:2

NON-FAST DAYS

Crumble feta over the top after adding the eggs and serve with warmed wholemeal pitta bread.

Bacon, broccoli, tomato and mushroom fry-up

PER SERVING | 144cals | PROTEIN 8g | FAT 10.5g | FIBRE 3g | CARBS 3.5g

SERVES 2

100g broccoli, cut into small florets
1 tbsp olive or rapeseed oil
2 rashers smoked back bacon, trimmed of the fat then cut into wide strips
100g chestnut mushrooms, sliced
10 cherry tomatoes, halved

A handy breakfast or brunch that takes less than 10 minutes to prepare. Although processed meats, such as bacon, should be eaten in moderation, this makes a delicious weekend treat.

1 Third fill a saucepan with water and bring to the boil. Add the broccoli and return to the boil. Cook for 3 minutes, then drain.

2 Meanwhile, heat the oil in a large non-stick frying pan and fry the bacon, mushrooms and tomatoes for 2 minutes, or until the mushrooms are lightly browned.

3 Add the broccoli and cook for 1 minute more, stirring.

4 Divide between two plates, season with ground black pepper and serve.

NON-FAST DAYS

Push the broccoli and bacon mixture to one side of the pan, add a little more oil and fry a couple of eggs.

Cowboy baked beans

PER SERVING | 309cals | PROTEIN 13g | FAT 7g | FIBRE 15g | CARBS 41g

SERVES 2

1 tbsp olive oil
1 small onion, peeled and very finely chopped
1 garlic clove, peeled and crushed
1 tsp smoked paprika, hot or sweet, depending on taste
1 × 400g can haricot beans, drained
350g passata
1 tbsp Worcestershire sauce
2 thin slices wholegrain bread (each around 20g)

Homemade baked beans are a favourite of ours. This simple version can be served at breakfast or as an accompaniment to grilled chicken or meat. It's also lovely topped with crumbled cheese for a quick supper.

1 Heat the oil in a non-stick saucepan, add the onion and gently fry for 3–4 minutes, or until soft.

2 Add the garlic and paprika and cook for a few seconds more, stirring.

3 Tip the beans into the pan and add the passata and Worcestershire sauce. Season with sea salt and ground black pepper. Bring to a gentle simmer and cook for 5 minutes, or until the sauce is thickened, stirring regularly, especially towards the end of the cooking time.

4 Just before the beans are ready, toast the bread and place on two plates. Spoon the beans over and serve.

COOK'S TIP

Use any canned beans you like; just keep the quantities the same.

NON-FAST DAYS

Serve with an extra slice of wholegrain toast and a generous drizzle of olive oil.

Shakes and Soups

Although we recommend real food first, we know that shakes can be very useful as meal replacements to help keep you on track. Do try one of our delicious recipes here. They are likely to be healthier than those you buy in shops and online, which tend to be high in sugar and starchy carbs. NB If you are not using dairy, we suggest adding unsweetened almond milk (13cals per 100ml) or oat milk (44cals per 100ml).

Our soups, meanwhile, are as tasty as they are filling. The recipes mainly serve four so you can take one portion to work for lunch and store extra portions in the fridge for a few days or put them in the freezer. Make soups your fast-day friend.

Shakes

Making these shakes is easy.

SERVES 1

1 Put all the ingredients in a blender and blitz until smooth. Add more water, if necessary, to reach your preferred consistency.

2 Pour into a glass to serve.

Iced berry shake

PER SERVING | 190cals

25g full-fat live Greek yoghurt
75ml semi-skimmed milk
40g frozen mixed berries, such as strawberries and blueberries
½ medium banana (around 50g peeled weight), peeled and roughly chopped
1 tbsp jumbo porridge oats
5g ground almonds
2 tbsp cold water

Choose any frozen fruit you like for this cool shake. Make sure your blender is sturdy enough to crush ice.

1 Put all the ingredients in a blender and blitz until smooth. Add more water, if necessary, to reach your preferred consistency.

Nutty banana shake

300 CALORIES **PER SERVING | 214cals**

20g full-fat live Greek yoghurt
100ml semi-skimmed milk
½ medium banana (around 50g peeled weight), peeled and roughly chopped
15g no-added-sugar cashew or almond nut butter
2 tbsp cold water

Use no-added-sugar nut butter for this creamy-tasting shake.

1 Put all the ingredients in a blender and blitz until smooth. Add more water, if necessary, to reach your preferred consistency.

Chocolate and strawberry shake

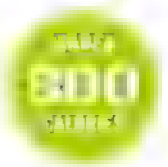
PER SERVING | 195cals

100ml semi-skimmed milk
25g full-fat live Greek yoghurt
100g fresh or frozen strawberries
15g jumbo porridge oats
1 soft pitted date
1 tsp cocoa powder
2 tbsp cold water

A delicious and filling chocolaty hit.

1 Put all the ingredients in a blender and blitz until smooth. Add more water, if necessary, to reach your preferred consistency.

Minted avocado and cucumber shake



PER SERVING | 205cals

½ medium avocado, stoned, peeled and quartered (about 75g prepared weight – see tip on page 40)
200g cucumber, thickly sliced
25g young spinach leaves
12 fresh mint leaves
15g full-fat live Greek yoghurt
100ml cold water

A creamy shake with a refreshing hint of mint.

1 Put all the ingredients in a blender and blitz until smooth. Add more water, if necessary, to reach your preferred consistency.

Orange, carrot and cashew shake

PER SERVING | 187cals

2 medium carrots (around 170g), trimmed and sliced
½ medium orange, peeled and cut into chunky pieces
15g no-added-sugar cashew nut butter or almond butter
125ml cold water

This makes a zingy drink with a vibrant orange colour. Make sure your blender is sturdy enough to cope with the carrot slices.

1 Put all the ingredients in a blender and blitz until smooth. Add more water, if necessary, to reach your preferred consistency.

Green ginger shake

PER SERVING | 196cals

1 green apple, quartered and cored
½ medium courgette (around 65g), trimmed and thickly sliced
8g fresh root ginger, peeled and roughly chopped
½ tsp ground turmeric
10g mixed seeds (such as sunflower, pumpkin, sesame and flax)
2 tsp extra-virgin olive oil
100ml cold water

Crisp green apple adds fibre and sweetness to this gorgeous green shake. Use a red-skinned apple if you prefer.

1 Put all the ingredients in a blender and blitz until smooth. Add more water, if necessary, to reach your preferred consistency.

Gazpacho-style shake

PER SERVING | 192cals

100g cucumber, roughly chopped
2–3 ripe vine tomatoes (around 125g), quartered
½ red pepper, deseeded and sliced
¼ small red onion (around 20g), peeled
25g full-fat live Greek yoghurt
10g ground almonds
1 tbsp tomato purée
1 tsp extra-virgin olive oil

2 tbsp cold water
sea salt and freshly ground black pepper, to taste

This is lovely served cold with a couple of ice cubes.

1 Put all the ingredients in a blender and blitz until smooth. Add more water, if necessary, to reach your preferred consistency.

Bean soup with kale and pesto

PER SERVING | 249cals | PROTEIN 7g | FAT 14.5g | FIBRE 8g | CARBS 18.5g

SERVES 4

2 tbsp olive oil
1 medium onion, peeled and roughly chopped
1 celery stick, cut into roughly 1cm chunks
2 medium carrots, trimmed and cut into roughly 1cm chunks
1 medium courgette, trimmed, halved lengthways and cut into roughly 1cm slices
1 × 400g can cannellini beans, drained
1 × 400g can borlotti or kidney beans, drained
1 vegetable or chicken stock cube
75g kale or dark green cabbage, thickly sliced and tough stalks discarded
60g fresh basil pesto

Super-quick and easy, this tastes fabulous topped with the fresh basil pesto. You can use any of your favourite beans – just keep the quantities the same.

1 Heat the oil in a large non-stick saucepan, add the onion, celery, carrots and courgette and gently fry for 10 minutes, stirring occasionally.

2 Tip the beans into the pan, add the stock cube and 1.2 litres water and stir to dissolve. Add the kale or cabbage and bring to a simmer. Cook for 5–7 minutes, stirring occasionally, until the vegetables are tender.

3 Season with sea salt and ground black pepper to taste, then ladle into warmed bowls and top with the pesto.

You'll find tubs of fresh basil pesto in the chilled department of the supermarket, usually with the fresh pasta, but you can use the jarred kind as well.

NON-FAST DAYS

Serve with a drizzle of olive oil and toasted wholegrain or sourdough bread. For extra sustenance, add some diced fried halloumi or bacon.

Broccoli and blue cheese soup

PER SERVING | 158cals | PROTEIN 8.5g | FAT 10g | FIBRE 5g | CARBS 6g

SERVES 4

1 tbsp olive or rapeseed oil
1 medium onion, peeled and finely chopped
1 large head broccoli (around 400g), roughly chopped, including the stalk
1 vegetable or chicken stock cube
75g soft blue cheese, such as Roquefort

A rich, comforting soup that is good for the bugs in your gut, too.

1 Heat the oil in a large non-stick saucepan, add the onion and gently fry for 5 minutes, or until softened, stirring regularly.

2 Add the broccoli and crumble the stock cube over the top. Pour in 1 litre water and bring to the boil. Reduce the heat and simmer for 10 minutes, or until the broccoli is very tender, stirring occasionally.

3 Remove from the heat and blitz with a stick blender or cool slightly and blend in a food processor until smooth.

4 Return to the heat, stir in most of the cheese and adjust the seasoning to taste. Warm through gently, adding a little extra water if needed, before serving with the remaining cheese crumbled on top.

COOK'S TIP

★ If you have odds and ends of cauliflower, use these up with the broccoli – just keep to around 400g total weight.

NON-FAST DAYS

Fry 4 rashers smoked streaky bacon in a dry pan until crisp. Break into small pieces and sprinkle on to the soup just before serving with a slice of toasted wholegrain bread.

Spiced bean and spinach soup

PER SERVING | 200cals | PROTEIN 10.5g | FAT 5g | FIBRE 9g | CARBS 22.5g

SERVES 3

1 tbsp olive oil
1 medium onion, peeled and finely chopped
1 large garlic clove, peeled and crushed
1 tsp ground cumin
1 tbsp harissa paste
1 × 400g can chopped tomatoes
1 × 400g can cannellini beans, drained and rinsed
1 vegetable stock cube
200g frozen spinach

Made from ingredients you can keep in your cupboards and freezer, this is a soup to power you through the day. Harissa is a spiced red pepper and chilli paste that you should find in the World Foods section of the supermarket.

1 Heat the oil in a large non-stick saucepan, add the onion and gently fry for 5 minutes, or until softened, stirring regularly.

2 Add the garlic, cumin and harissa paste and cook for a few seconds more, stirring.

3 Tip the tomatoes and cannellini beans into the pan and crumble over the stock cube. Add 500ml water and stir in the frozen spinach. Bring the liquid to a simmer (this may take a while as the spinach will need to thaw), then

leave to cook for 10 minutes, stirring regularly, adding a little extra water if needed.

4 Season with sea salt and ground black pepper to serve.

★ Add a finely sliced fresh chilli or ½ teaspoon crushed dried chilli flakes before serving for an extra kick. A tablespoon of tomato purée stirred in at the same time as the tomatoes will bring extra richness to the soup for just an additional 5cals per serving.

NON-FAST DAYS

Scatter some diced cooked bacon into the soup for added protein, along with a good glug of olive oil. Serve it with a chunk of wholegrain bread.

Speedy tomato soup

PER SERVING | 192cals | PROTEIN 8g | FAT 7.5g | FIBRE 6.5g | CARBS 20g

SERVES 2

1 × 400g can chopped tomatoes
½ × 400g can cannellini beans, drained
2 spring onions, trimmed and roughly chopped
30g full-fat live Greek yoghurt
6 large basil leaves, plus extra to serve (optional)
1 tbsp olive oil
1 tbsp tomato purée

An instant lunch or supper, with beans to make it more filling.

1 Place all the ingredients in a blender, season with sea salt and lots of ground black pepper and blitz until smooth.

2 Transfer to a non-stick saucepan, stir in enough water to reach your preferred consistency and heat through gently.

3 Season to taste and pour into bowls or mugs to serve with basil leaves to garnish, if you like.

NON-FAST DAYS
Serve with a slice of wholegrain or seeded sourdough bread. Add a tablespoon of cooked diced bacon or chorizo to the soup for added flavour and protein, and a liberal drizzle of olive oil.

Almost instant noodle soup

PER SERVING | 210cals | PROTEIN 9g | FAT 7g | FIBRE 2.5g | CARBS 26.5g

SERVES 2

50g dried wholewheat noodles or soba buckwheat noodles
4 tsp miso paste
20g fresh root ginger, peeled and finely grated
2 tbsp dark soy sauce
4–6 chestnut mushrooms, depending on size (around 75g), very finely sliced
large handful young spinach leaves
4 spring onions, trimmed and very finely sliced
½ tsp crushed dried chilli flakes
25g roasted cashew nuts, roughly chopped
2 large handfuls fresh coriander, leaves roughly chopped

A delicious, Asian-inspired soup, which works particularly well as a lunch on the go.

1 Half fill a saucepan with water and bring to the boil. Add the noodles, return to the boil and cook for 3–4 minutes until tender, or according to the pack instructions. Pour the noodles into a sieve and rinse under cold running water. Drain well.

2 Divide the miso paste, ginger and soy sauce between two large heatproof jars (or other heatproof lidded containers).

3 Place the mushrooms on top, then add – in the following order – the cooked noodles, spinach, spring onions, chilli flakes, cashews and coriander. Cover and keep chilled.

4 When ready to serve, add 250–300ml just-boiled water from a kettle (roughly a mug full) to each jar. The water should rise about halfway up the ingredients. Cover loosely and leave to stand for 2 minutes to allow the vegetables to soften and the noodles to heat.

5 Stir well, leave to stand for a further 1–2 minutes then serve immediately.

COOK'S TIPS

- The just-boiled water will warm the ingredients but they won't be hot, so you could give the soup a quick blast in a microwave to heat it further. Make sure your container is suitable for microwave cooking. You could also heat the soup in a pan.
- Dry noodles come in different-sized bundles – do your best to keep as close to 50g as possible.

NON-FAST DAYS

Add extra protein, such as shredded cooked chicken or cubes of tofu.

Creamy mushroom soup

PER SERVING | 68cals | PROTEIN 3g | FAT 4g | FIBRE 1.5g | CARBS 4g

SERVES 4

1 tbsp olive oil
1 large onion, peeled and roughly chopped
300g chestnut mushrooms or Portobello mushrooms, sliced
2 large garlic cloves, peeled and crushed
1 vegetable or chicken stock cube
75ml full-fat milk

A luxurious, creamy mushroom soup that's incredibly easy to make and marvellously low in calories. Don't skip any of the cooking stages: they all help add flavour.

1 Heat the oil in a large non-stick saucepan, add the onion and gently fry for 5 minutes, or until softened and lightly browned, stirring regularly.

2 Add the mushrooms and garlic and cook for 5 minutes, stirring regularly. (Don't allow the garlic to burn or it will taste bitter.)

3 Crumble in the stock cube and pour in 600ml water. Season with sea salt and lots of ground black pepper. Bring to the boil, then reduce the heat and simmer for 10 minutes, stirring occasionally.

4 Remove from the heat and blitz with a stick blender or cool slightly and blend in a food processor until smooth.

5 Stir in the milk, return to the heat and adjust the seasoning to taste. Add a little extra milk or water to reach your preferred consistency and warm through before serving.

COOK'S TIP

Swap the milk for a dairy-free alternative if you like. There are 47cals in 75ml full-fat milk so remember to adjust the total calories.

NON-FAST DAYS

Serve with a slice of toasted wholegrain or sourdough bread and drizzle generously with olive oil.

Clear chicken and pea soup

PER SERVING | 280cals | PROTEIN 29.5g | FAT 12.5g | FIBRE 4.5g | CARBS 10g

SERVES 2

1 tbsp olive oil
1 small onion, peeled and finely chopped
150g leftover cooked chicken, roughly chopped
500ml fresh chicken stock (see below)
150g frozen peas

This simple soup makes great use of the leftovers from a roast chicken or turkey. If you don't have fresh stock, use a good-quality chicken stock cube instead. Stir in chopped fresh parsley or tarragon leaves if you like.

1 Heat the oil in a non-stick saucepan, add the onion and gently fry for 3–4 minutes, or until softened, stirring regularly.

2 Add the chicken, stock and peas, season with ground black pepper and bring to a simmer. Cook for 5 minutes, stirring occasionally.

3 Divide between two warmed bowls and serve.

COOK'S TIP

To make the chicken stock, put the carcass from a roasted chicken in a large saucepan after removing the skin. Add a quartered onion, 2 thickly sliced carrots, 2 thickly sliced sticks of celery, 1 bay leaf and ¼ teaspoon dried thyme (or a small bunch of fresh thyme). Add 1 teaspoon sea salt and

10 peppercorns. Bring the liquid to a very gentle simmer – do not allow to boil – cover the pan with a lid and cook for 1–4 hours, to release the nutrients. Drain first through a colander and then a sieve. Let it cool, then cover and keep in the fridge for up to 2 days, if not using immediately, or freeze for up to 3 months.

NON-FAST DAYS

Serve with warmed wholegrain bread and top with spoonfuls of sun-dried tomato or basil pesto.

Curried chicken and lentil soup

PER SERVING | 223cals | PROTEIN 20.5g | FAT 8g | FIBRE 4.5g | CARBS 15.5g

SERVES 4

1 tbsp olive or coconut oil
1 medium onion, peeled and finely chopped
1 pepper, any colour, deseeded and cut into roughly 1.5cm chunks
2 tbsp medium curry powder
1 × 400g can chopped tomatoes
1 chicken stock cube
50g dried red split lentils
225g frozen spinach
200g cooked chicken, roughly chopped
lemon wedges, to serve

Lentils and spinach add plenty of fibre to this soup, making it particularly filling.

1 Heat the oil in a large non-stick saucepan, add the onion and pepper and gently fry for 5 minutes, or until softened. Stir in the curry powder and cook for a few seconds more.

2 Add the tomatoes and bring to the boil. Keep stirring for a couple of minutes, then crumble over the chicken stock cube and add 1 litre water.

3 Rinse the lentils and add to the pan, along with the frozen spinach, and bring to a simmer. Season well with sea salt and lots of ground black pepper. Cook for 10 minutes, stirring regularly.

4 Add the chicken pieces and cook for 8–10 minutes more, or until the lentils are soft and the spinach is completely thawed, stirring regularly. Add extra water if the soup thickens too much.

5 Adjust the seasoning to taste and serve in deep bowls with lemon wedges for squeezing over.

COOK'S TIP

To make a vegetarian version: use a vegetable stock cube and replace the chicken with Quorn pieces. The chicken contains 178cals per 100g, so you'll need to adjust the calories accordingly.

NON-FAST DAYS

Top with a couple of tablespoons of toasted almonds and serve with a spoonful of full-fat live Greek yoghurt or Minty yoghurt raitha (see page 106).

Salads

In this chapter we have included a broad range of salads, from Gut-friendly chicory with blue cheese and walnuts through to the colourful Salmon salad bowl. Enjoy them for lunch or as a light supper. In an ideal world of Med-style living, you'd eat your main meal in the middle of the day and a light meal in the evening – preferably with a brain-boosting siesta thrown in!

Some of the salads are vegetarian – to add more meat or protein, see page 240. Many of them are also suitable for a lunchbox.

Quinoa, broccoli and asparagus salad

PER SERVING | 362cals | PROTEIN 15g | FAT 18g | FIBRE 7g | CARBS 31g

SERVES 2

100g quinoa (ideally a mixture of white, red and black)
100g long-stemmed broccoli, trimmed and each stem cut into three
100g asparagus, trimmed and each stem cut into three
25g toasted flaked almonds (see page 18)

For the minted yoghurt dressing
50g full-fat live Greek yoghurt
1 tbsp extra-virgin olive oil
1 tbsp finely chopped fresh mint
finely grated zest and juice ½ lemon
pinch ground cumin

A filling salad with a gorgeous lemony dressing. It's also great served alongside grilled meat or fish. Add extra leaves or other salad-y bits, such as rocket.

1 Third fill a saucepan with water and bring to the boil. Add the quinoa and cook for 12–15 minutes, or until just tender, stirring occasionally. The c-shaped husks will start to float to the surface when the quinoa is ready. Pour the quinoa into a sieve and rinse under cold running water. Drain again well, pressing the quinoa in the sieve with the back of a spoon to remove as much of the water as possible.

2 Meanwhile, bring a second pan of water to the boil and cook the broccoli and asparagus for 3 minutes. Drain the asparagus and broccoli and rinse

under cold running water.

3 To make the dressing, combine all the ingredients in a small bowl, adding a little cold water to achieve a pouring consistency. Season with sea salt and ground black pepper.

4 Place the quinoa, asparagus, broccoli and flaked almonds in a bowl and toss together well. Season with sea salt and ground black pepper. Drizzle the dressing over the salad to serve.

COOK'S TIPS

- If you have time, griddle the asparagus and broccoli, instead of blanching, to add a lovely chargrilled flavour.
- The dressing contains 84cals per tablespoon. Feel free to add it to a different salad but don't forget to add the extra calories.

NON-FAST DAYS

Toss cubes of feta into the salad and add extra almonds.

Greek-style salad

PER SERVING | 322cals | PROTEIN 10g | FAT 27.5g | FIBRE 3.5g | CARBS 6.5g

SERVES 2

½ cucumber (around 200g), halved lengthways and thickly sliced
2 ripe medium tomatoes, each cut into eight
100g feta, cut into small cubes
½ medium red onion, peeled and thinly sliced
50g pitted black olives (preferably Kalamata), drained
50g mixed salad leaves

For the simple lemon dressing
1 tbsp fresh lemon juice
2 tbsp extra-virgin olive oil

This classic Greek salad works well in a jar or lidded container, ready to take to work. It can of course also be assembled in a bowl at home.

1 To make the dressing, whisk the lemon juice, olive oil, a pinch of sea salt and lots of ground black pepper in a small bowl to combine. Divide the dressing between two containers.

2 Divide the cucumber, tomatoes, feta, onion and olives between the containers and top with the leaves. The leaves should remain separated from the dressing at the base of the container until ready to toss. Pop the lid on and keep chilled until ready to eat.

3 Give the container a shake and eat the salad straight from the jar, or tip on to a plate to serve.

- For added flavour, add a small crushed clove of garlic and a pinch of mixed dried herbs to the dressing.
- The dressing contains 66cals per tablespoon. Feel free to add it to a different salad but don't forget to add the extra calories.

NON-FAST DAYS

Top the salad with roughly chopped mixed nuts or seeds and serve with a small wholemeal pitta bread.

Gut-friendly chicory with blue cheese and walnuts

PER SERVING | 335cals | PROTEIN 9g | FAT 29g | FIBRE 3g | CARBS 8g

SERVES 2

20g walnuts, roughly chopped
2 heads chicory, red or white
good handful rocket, or mixed rocket, watercress and young spinach leaves
1 ripe but firm pear (around 125g), quartered, cored and sliced
65g soft blue cheese, such as Roquefort

For the cider vinegar dressing
1 tbsp live cider vinegar
2 tbsp extra-virgin olive oil

The chicory and walnuts in this salad contain gut-friendly soluble fibre. Known as a prebiotic, soluble fibre helps the gut bacteria in the colon produce vital nutrients and protects the lining of the gut. This salad makes a good starter, and will help to stimulate the digestion before the main meal.

1 Toast the walnuts in a small frying pan over a medium heat for 2–3 minutes, or until brown in places, shaking the pan occasionally. Tip out on to a board.

2 Trim the chicory and cut 6 thin slices from the root end, then separate the leaves, cutting any that are particularly large in half lengthways. Wash the leaves and drain well.

3 Arrange the chicory in a serving dish and scatter the rocket and pear over the top. Cut the cheese into small pieces and dot on top. Roughly chop the walnuts and sprinkle over the salad.

4 To make the dressing, combine the vinegar and olive oil in a small bowl, season with sea salt and ground black pepper, and whisk until combined. Pour over the salad and toss before serving.

COOK'S TIP

The dressing contains 66cals per tablespoon. Feel free to add it to a different salad but don't forget to add the extra calories.

NON-FAST DAYS

Sprinkle the salad with an extra handful of walnuts and serve with a couple of thick slices of warmed wholegrain bread with olive oil for dipping. Or you could have this as a side to another dish.

Chicken, bacon and avocado salad

PER SERVING | 495cals | PROTEIN 26g | FAT 40g | FIBRE 5g | CARBS 7g

SERVES 2

4 rashers smoked streaky bacon
100g mixed salad leaves
8–10 cherry tomatoes, halved
100g cooked chicken breast, sliced
1 medium avocado, stoned, peeled and sliced (see tip on page 40)

For the mustard dressing
2 tbsp extra-virgin olive oil
1 tsp red or white wine vinegar
1 tsp Dijon mustard
1 tsp runny honey

The tiny amount of honey in the dressing here sets off the saltiness of the bacon perfectly.

1 To make the dressing, whisk the oil with the vinegar, mustard and honey in a small bowl until slightly thickened. Season with sea salt and lots of ground black pepper.

2 Place a small non-stick frying pan over a medium heat and fry the bacon for about 2 minutes on each side, or until crisp. Transfer to a chopping board and roughly chop.

3 Divide the mixed leaves between two plates. Top with the tomatoes, sliced chicken, avocado and bacon.

4 Drizzle the mustard dressing over the salad and toss lightly just before serving.

COOK'S TIPS

★ Buy cooked chicken breast and remove the skin, or you can roast your own skinless boneless chicken breast.

★ The dressing contains 65cals per tablespoon. Feel free to add it to a different salad but don't forget to add the extra calories.

NON-FAST DAYS

Sprinkle the salad with lightly toasted hazelnuts or a couple of tablespoons of toasted mixed seeds. You could toss in a few tablespoons per person of whole grains, such as cooked pearl barley or lentils (available pre-cooked in packets).

Chicken tikka salad

PER SERVING | 315cals | PROTEIN 45g | FAT 11g | FIBRE 3.5g | CARBS 7.5g

SERVES 2

2 boneless, skinless chicken breasts (each around 175g), cut into roughly 3cm chunks
2 tbsp full-fat live Greek yoghurt
1 tbsp tikka curry paste
1 tbsp coconut or rapeseed oil
2 Little Gem lettuces, trimmed and leaves separated
2 medium tomatoes, roughly chopped
½ small red onion, peeled and finely chopped
2 tbsp finely chopped fresh coriander leaves
fresh mint leaves (optional), to serve
lemon or lime wedges, to serve

A super-tasty chicken salad which makes a great light lunch.

1 Place the chicken in a bowl with the yoghurt and tikka paste. Mix together well, then cover and leave in the fridge to marinate for at least 1 hour, but ideally several hours or overnight.

2 Place the oil in a large non-stick frying pan over a medium–high heat. Add the chicken, season with a generous pinch of salt and lots of ground black pepper and fry for 6–8 minutes, turning regularly until lightly browned and cooked through. Leave to cool if using for a packed lunch.

3 Divide the lettuce between two wide bowls or lidded containers.

4 Mix the tomatoes, onion and coriander in a small bowl and season with sea salt and pepper. Sprinkle over the lettuce.

5 Arrange the chicken tikka pieces on top, sprinkle with mint leaves, if using, and serve with lemon or lime wedges for squeezing over. Keep chilled if not eating straight away.

COOK'S TIP

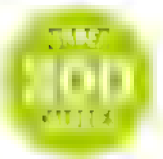
Make sure you use a good-quality tikka paste and not a curry sauce for the marinade. If you can't get hold of any paste, use 1 teaspoon hot smoked paprika and 2 teaspoons medium curry powder instead.

5:2

NON-FAST DAYS

Serve with 2–3 tablespoons of cooked and cooled brown rice, toasted flaked almonds and Minty yoghurt raitha (see page 106).

Chicken Caesar-ish salad



PER SERVING | 300cals | PROTEIN 32g | FAT 16g | FIBRE 2g | CARBS 5.5g

SERVES 2

2 Little Gem lettuces, trimmed and leaves separated
12 cherry tomatoes, halved
200g cooked chicken breast, cut or shredded into small pieces
10g mixed seeds
20g Parmesan, finely grated

For the yoghurt dressing
75g full-fat live Greek yoghurt
½ small garlic clove, peeled and crushed
pinch dried mixed herbs
1 tbsp extra-virgin olive oil

The mixed seeds here add the crunch usually provided by croutons and are far more nutritious.

1 To make the dressing, combine the yoghurt, garlic, herbs, oil and 2 tablespoons cold water in a bowl and mix well. Season with a pinch of sea salt and lots of ground black pepper.

2 Wash the lettuce and drain well. Divide the leaves between two shallow bowls or lidded containers and scatter with the tomatoes.

3 Place the chicken on top, sprinkle with the mixed seeds and Parmesan and drizzle with the dressing. Season with ground black pepper and serve.

COOK'S TIPS

- If taking as a packed lunch, put the dressing in a small lidded pot and drizzle over the salad just before serving. Keep the salad and dressing chilled until needed.
- The dressing contains 34cals per tablespoon. Feel free to add it to a different salad but don't forget to add the extra calories.

NON-FAST DAYS

Increase the portion size and add extra seeds.

Salmon salad bowl

PER SERVING | 542cals | PROTEIN 33g | FAT 35.5g | FIBRE 6g | CARBS 20g

SERVES 2

25g wholegrain brown rice, or brown and wild rice mix
75g frozen edamame beans or frozen peas
2 × 120g salmon fillets
1 tsp sesame seeds
pinch crushed dried chilli flakes (optional)
2 large handfuls young spinach leaves or mixed baby salad leaves
½ medium avocado, stoned, peeled and chopped (see tip on page 40)
1 medium carrot, trimmed and coarsely grated
2 spring onions, trimmed and finely sliced
4 radishes, trimmed and sliced
lime wedges, to serve

For the soy and lime dressing
2 tbsp dark soy sauce
1 tbsp sesame oil
1 tsp fresh lime juice
1 tsp runny honey

Serve the salad warm as a delicious lunch or supper, or take it to work in a lidded container for a nutritious and filling packed lunch.

1 Preheat the oven to 200°C/fan 180°C/Gas 6 and line a small baking tray with foil.

2 Half fill a small saucepan with water and bring to the boil. Add the rice and cook for about 20 minutes, or until tender. Add the edamame beans or

peas and return to the boil, stirring. Drain immediately.

3 To make the dressing, combine the soy sauce, sesame oil, lime juice and honey in a small bowl and whisk well.

4 Place the salmon, skin-side down, on the prepared tray and drizzle with 2 teaspoons of the dressing. Sprinkle with the sesame seeds and chilli flakes, if using. Bake for 10–12 minutes, or until just cooked. (It is ready when the salmon flakes into large pieces easily when prodded with a fork.)

5 Divide the leaves, rice and beans or peas between two bowls. Add the leaves and arrange the avocado, carrot, spring onions and radishes alongside. Flake the salmon into the bowl (leaving behind the skin), drizzle with the rest of the dressing and serve with lime wedges for squeezing over.

★ Make the full amount, even if you only need one serving, as the rest will keep well in the fridge for the next day.
★ The dressing contains 39cals per tablespoon – without the honey. Feel free to add it to a different salad but don't forget to add the extra calories.

NON-FAST DAYS

Choose larger fillets you will need to cook them a few minutes longer. Increase the quantity of rice, or cook diced butternut squash alongside the salmon (roast for 10 minutes more).

Edamame and tuna salad

PER SERVING | 408cals | PROTEIN 26g | FAT 27g | FIBRE 5g | CARBS 12g

SERVES 2

200g frozen edamame beans
2 spring onions, trimmed and thinly sliced
1 × 110g can no-drain tuna steak in olive oil
15g fresh flat-leaf parsley or coriander, leaves roughly chopped
1½ tbsp live cider vinegar
3 tbsp extra-virgin olive oil
2 large handfuls rocket or mixed leaves

Protein- and fibre-rich edamame beans make a great addition to any salad. These versatile young beans have a fresh, green crunch to them.

1 Tip the edamame beans into a heatproof bowl and cover with just-boiled water from a kettle. Stir and leave for 1 minute to allow the beans to thaw (there's no need to cook them). Drain and rinse under cold water.

2 Place the beans, spring onions, tuna and herbs in a bowl and use a fork a break the tuna into flakes. Drizzle the vinegar and olive oil over the salad, season with sea salt and lots of ground black pepper and toss together well.

3 Fold in the leaves just before serving.

COOK'S TIPS

★ Cans of tuna come in different sizes and some don't need draining. As long as you end up with around 110g tuna (drained weight) the calories will remain similar.

★ Add a square of dried nori seaweed, cut into little pieces, for extra flavour and an omega-3 boost, and scatter over a pinch of crushed dried chilli flakes if you like a bit more bite.

NON-FAST DAYS

Increase the portion size and stir in a few tablespoonfuls per person of cooked whole grains, such as quinoa or pearl barley (available pre-cooked in packets).

Crab, courgette and avocado salad

PER SERVING | 421cals | PROTEIN 16.5g | FAT 36.5g | FIBRE 5g | CARBS 4g

SERVES 2

20g pine nuts
2 medium courgettes (each around 250g), trimmed
1 small avocado, stoned, peeled and diced (see tip on page 40)
2 large handfuls rocket
100g white crabmeat, tinned or fresh
1 red chilli, thinly sliced or diced (optional)

For the lime dressing
3 tbsp extra-virgin olive oil
1 tbsp fresh lime juice
½ tsp wholegrain mustard
1 tbsp finely chopped fresh mint

Michael and I both lived by the sea as children and love all seafood. This super summer salad is very healthy and also contains minerals that we can be lacking, such as selenium and iodine.

1 To make the dressing, combine the olive oil, lime juice, mustard and mint in a small bowl and whisk together well.

2 Scatter the pine nuts into a small frying pan and toast over a medium heat for 1–2 minutes, stirring frequently, until lightly browned. Tip on to a plate and set aside.

3 Slice the courgettes into long, wide strips using a vegetable peeler and place in a wide bowl. Add the avocado and rocket leaves, season with sea salt and ground black pepper and toss lightly.

4 Scatter the crabmeat on top and sprinkle with the pine nuts and chilli, if using. Drizzle with the dressing to serve.

COOK'S TIPS

★ You can find hand-picked crabmeat sold in small pots at the fishmonger or supermarket.

★ The dressing contains 75cals per tablespoon. Feel free to add it to a different salad but don't forget to add the extra calories.

NON-FAST DAYS

Serve with warm wholegrain bread and olive oil for dipping.

Tuna Niçoise salad

PER SERVING | 362cals | PROTEIN 30g | FAT 23g | FIBRE 4.5g | CARBS 7g

SERVES 2

100g green beans, trimmed and halved
100g cauliflower, cut into small florets
2 medium eggs, fridge cold
50g mixed salad leaves
8 cherry tomatoes, halved
1 × 110g can no-drain tuna steak in olive oil
30g canned anchovies in oil, drained
40g pitted black or green olives

For the creamy garlicky yoghurt dressing
1 tbsp extra-virgin olive oil
50g full-fat live Greek yoghurt
½ small garlic clove, peeled and crushed

A classic salad with a low-carb twist, in which cauliflower takes the place of the traditional potatoes.

1 To make the dressing, combine the oil, yoghurt, garlic and 2 tablespoons cold water in a small bowl and mix well. Season with a pinch of sea salt and some ground black pepper.

2 Half fill a small pan with water and bring to the boil. Add the beans and cauliflower florets, return to the boil and cook for 3 minutes. Lift out with a slotted spoon and plunge into a bowl of cold water.

3 Return the water to the boil. Add the eggs and cook for 8 minutes. Lift out with a slotted spoon and plunge into a separate bowl of very cold water.

4 Drain the green beans and cauliflower well, then arrange them on two plates with the mixed leaves and tomatoes.

5 Peel the eggs, cut into quarters and place on the salad with flakes of tuna, the anchovies and olives.

6 Drizzle with the dressing just before serving.

- If you aren't using fridge-cold eggs, decrease the cooking time by a minute or two.
- The dressing contains 41cals per tablespoon. Feel free to add it to a different salad but don't forget to add the extra calories.

NON-FAST DAYS

Increase the portion size.

Homemade coleslaw

PER SERVING | 251cals | PROTEIN 2.5g | FAT 24g | FIBRE 2.5g | CARBS 5g

SERVES 4

100g full-fat live yoghurt, ideally Greek
100g good-quality mayonnaise
¼ medium red cabbage (around 200g)
1 medium carrot, trimmed and coarsely grated into long, thin shreds
2 spring onions, trimmed and finely sliced
1 celery stick, trimmed and thinly sliced (optional)

A crisp and colourful salad that makes a fibre-rich addition to any meal.

1 Mix the yoghurt, mayonnaise and 2 tablespoons cold water in a large bowl with a little black pepper.

2 Remove any damaged outer leaves from the cabbage and cut out the tough central core. Shred the cabbage as finely as possible and add to the yoghurt dressing.

3 Add the carrot, spring onions and celery, if using, to the bowl and toss everything together well.

You can also serve this as a light meal for two, if you add 50g chopped nuts (74cals a serving), 100g shredded cooked chicken (80cals a serving) or 100g sliced ham (127cals a serving).

NON-FAST DAYS

Increase the portion size or serve with a small wholemeal pitta.

Food on the Move

For those who work in offices, or are doing shift work or travelling, eating healthily can be a challenge. This chapter is partly about anticipation and preparation, so all the recipes are easy to assemble in advance. With instant, tasty meals that keep you feeling full and satisfied, even on a fast day, you will be much less likely to reach for something sweet, starchy and processed on the hoof, however tempting!

Note: most lunch boxes need a cold pack or to be kept in a fridge. These recipes can work as portable breakfasts, too.

Lettuce wraps – three ways

SERVES 2

1 romaine lettuce heart

Make lettuce your new 'bread' when you have a sandwich. Many people munch on starchy sandwiches for at least one meal a day. Much better to dump the bread and just eat the filling. If you need to eat on the go, simply wrap your lettuce wraps in foil to hold them together.

1 Remove the large outer leaves and set aside 6–8 of them to provide the cups. Slice the smaller leaves and place in a medium bowl.

2 Add the rest of the ingredients to the bowl, season with sea salt and ground black pepper and mix well.

3 Spoon the filling into the wraps and serve.

COOK'S TIPS

★ If preparing for one person, keep the remaining filling in the fridge to assemble the following day.
★ If you can't get hold of the piquanté peppers for the **Mediterranean tuna lettuce wrap**, use any roasted peppers from a jar and add a pinch of chilli flakes.

Mediterranean tuna

UNDER 200 CALORIES **PER SERVING | 196cals**

1 × 110g can no-drain tuna steak in olive oil

½ small red onion, peeled and very finely sliced
20g small Peppadew piquanté peppers from a jar, drained and sliced
10 cherry tomatoes, quartered
40g black or green pitted olives, drained and halved
1 tbsp extra-virgin olive oil

NON-FAST DAYS
Add chopped avocado to the salad mix, or double the portion size.

Prawn mayo

PER SERVING | 143cals

100g cooked and peeled prawns, thawed if frozen
25g good-quality mayonnaise
2 tsp reduced sugar tomato ketchup
8 cherry tomatoes, quartered
¼ cucumber (around 100g), cut into roughly 1cm chunks

NON-FAST DAYS
Double the portion size.

Pesto bean salad

PER SERVING | 308cals

½ × 400g can mixed beans, drained and rinsed
¼ small red onion, peeled and finely chopped
50g roasted peppers from a jar, drained and chopped
125g ball mozzarella, drained, halved and torn
2 tbsp fresh basil pesto

NON-FAST DAYS
Add a drizzle of extra-virgin olive oil and some chopped avocado to the salad mix.

Nori tuna wraps

PER SERVING | 318cals | PROTEIN 12g | FAT 16.5g | FIBRE 3.5g | CARBS 29g

SERVES 2

1 × 60g can no-drain tuna in olive oil
1 tbsp good-quality mayonnaise
1 tbsp fresh lime juice
2 sheets dried nori, each around 20cm square
½ medium avocado, stoned, peeled and mashed (see tip page 40)
150g cooked and cooled brown rice
25g cucumber, cut into long thin batons

For the dip
2 tbsp dark soy sauce
¼ tsp crushed dried chilli flakes

This delicious, sushi-style seaweed wrap gives you the best marine-based omega-3 oils and iodine you can find and is surprisingly easy to make. Nori, a type of dried seaweed, is often sold in square sheets; you'll find it in the Japanese or World Food section of larger supermarkets and specialist stores.

1 Mash the tuna with the mayonnaise, lime juice and a good grinding of black pepper in a small bowl.

2 Place one of the nori sheets on a board, shiny side down, and spread half of the mashed avocado almost all the way over it. Top with half the rice and press it down lightly with the back of a spoon.

3 Spoon half the tuna mixture in a line across the centre of the rice and place the cucumber sticks beside it, all lying in the same direction.

4 Roll the nori firmly around the filling, using two hands. Trim the edges then cut into six pieces. Repeat with the remaining nori and filling.

5 To make the dip, mix the soy sauce with the chilli flakes and serve alongside.

COOK'S TIP

If taking to work, wrap unsliced in cling film or foil.

5:2

NON-FAST DAYS

Increase the portion size.

Low-carb omelette wraps

SERVES 1

1 large egg

½ tsp olive or rapeseed oil

A handy sandwich alternative that can be made the night before, ready to take to work. Make your wrap as follows, and spread with one of the fillings suggested.

1 Beat the egg in a small bowl until smooth. Season with ground black pepper.

2 Brush a non-stick frying pan (base no larger than around 19cm) with the oil and place over a medium heat.

3 Pour the egg into the pan and swirl so that it spreads around to completely cover the base. Cook for 1–2 minutes or until set.

4 Loosen with a spatula then flip and cook for 10 seconds more. Turn out on to a board and leave to cool for a few minutes.

COOK'S TIPS

★ If you don't have a small frying pan, use a larger one and double the quantities. Cut the wrap in half to serve two people, or chill and save the second half for the next day.

★ If taking to work, roll your wrap tightly in foil and refrigerate in a lidded container.

NON-FAST DAYS

Have two!

Smoked salmon and cream cheese

PER SERVING | 200cals

15g medium-fat soft cheese (around 1 tbsp), such as Philadelphia
50g smoked salmon (around 2 slices)
small handful mixed salad leaves or young spinach leaves

1 Spread the egg wrap with the soft cheese, season with ground black pepper and top with the smoked salmon and leaves.

2 Roll up firmly and cut in half diagonally to serve.

Ham, cheese and herb

PER SERVING | 278cals

1 tsp good-quality mayonnaise
1 thin slice smoked ham (around 20g)
15g mature Cheddar, finely grated
2 roasted red peppers from a jar (around 50g), drained and sliced
small handful mixed salad leaves

1 Spread the egg wrap thinly with mayonnaise, season with ground black pepper, then top with the ham, grated cheese, peppers and leaves.

2 Roll up firmly and cut in half diagonally to serve.

Hummus, carrot and spinach

PER SERVING | 234cals

30g olive oil hummus (around 2 tbsp)
1 small carrot, trimmed and coarsely grated
small handful young spinach leaves

1 Spread the egg wrap with the hummus, season with sea salt and ground black pepper and top with the grated carrot and spinach.

2 Roll up firmly and cut in half diagonally to serve.

Super-speedy portable lunch

Two easy lunch ideas that you should be able to make from the store cupboard at home. Serve with wholegrain, rye or sourdough crispbreads, if you like, but remember to add the extra calories.

Sardines and beetroot

PER SERVING | 339cals

SERVES 1

1 × 120g can sardines in olive oil
5 slices beetroot in vinegar from a jar (about 50g), drained and roughly chopped
1 tbsp good-quality mayonnaise

1 Drain and mash the sardines in a small bowl.

2 Add all the remaining ingredients to the bowl and mix well. Season with sea salt and a grinding of black pepper to taste.

Tuna and sweetcorn

PER SERVING | 257cals

SERVES 1

1 × 60g can no-drain tuna in oil
½ × 198g can sweetcorn, drained
1 tbsp good-quality mayonnaise

1 dill cucumber (gherkin), chopped

1 Mix all the ingredients together in a small bowl. Season with sea salt and a grinding of black pepper to taste.

Mike's peppered mackerel paté

PER SERVING | 298cals | PROTEIN 17g | FAT 24.5g | FIBRE 0.5g | CARBS 2g

SERVES 4

3 peppered smoked mackerel fillets (around 270g), skinned and flaked
150g medium-fat soft cheese, such as Philadelphia
finely grated zest and juice ½ small lemon
assorted vegetable sticks (such as celery, carrots and courgettes) or cauliflower florets, to serve

I remember Michael making a version of this at medical school, simply mashed together in two minutes – delicious. It keeps well in the fridge for up to three days.

1 Put the mackerel, soft cheese, lemon zest and juice and lots of ground black pepper in a bowl. Mash vigorously with a fork. Alternatively, for a smoother texture, use a stick blender or blitz in a food processor on the pulse setting.

2 Adjust the seasoning to taste, spoon into a small dish and serve with the crudité vegetables; or spread on to slices of courgette and serve as low-carb 'blinis'. (Don't worry about the calories in the crudité.)

COOK'S TIPS

- For an extra kick, add a few drops of Tabasco to the paté.
- You can use plain smoked mackerel fillets if you prefer.

NON-FAST DAYS

Serve with seeded crackers or spread on dark rye bread fingers.

Asparagus, pea and mint frittata muffins

PER SERVING | 154cals | PROTEIN 12.5g | FAT 10g | FIBRE 1.5g | CARBS 3g

SERVES 6

2 tsp olive or rapeseed oil
150g slender asparagus, trimmed and each stem cut into 2–3cm pieces
100g frozen peas
4 spring onions, trimmed and thinly sliced
3–4 tbsp finely chopped fresh mint
6 large eggs
65g feta, broken into small chunks

A lovely portable lunch. Serve warm or cold with a generous salad or freshly cooked greens.

1 Preheat the oven to 200°C/fan 180°C/Gas 6 and generously oil a deep, 6-hole muffin tin. Cut six pieces of non-stick baking paper (roughly 10cm squared) and use to line the tins, leaving the excess peaking over the sides.

2 Third fill a large pan with water and bring to the boil. Add the asparagus and cook for 4 minutes. Add the peas and cook for 1 minute more. Drain the vegetables well and tip into a large bowl with the spring onions and mint.

3 Beat the eggs in a separate bowl with a good pinch of sea salt and lots of ground black pepper.

4 Divide the vegetables between the six muffin cases and top with the chunks of feta.

5 Pour the egg over the vegetables then bake in the preheated oven for about 20 minutes, or until puffed up and light golden brown.

COOK'S TIPS

★ Choose young asparagus that isn't too thick – if you do end up with thicker stems, cut them in half lengthways before slicing.

NON-FAST DAYS

Enjoy an extra muffin and add a dressing to the salad you serve alongside. You might also scatter the salad with toasted seeds.

Goat's cheese frittata

PER SERVING | 294cals | PROTEIN 22g | FAT 20g | FIBRE 2g | CARBS 5g

SERVES 4

1 tbsp olive oil, plus extra for greasing
1 medium red onion, peeled and finely chopped
1 red pepper, deseeded and cut into roughly 1.5cm chunks
1 medium courgette, trimmed and cut into roughly 1.5cm chunks
100g goat's cheese, cut into small chunks
8 medium eggs

Great for lunchboxes but also brilliant served warm with a crunchy green and red salad, or cooked green vegetables, as a light meal at home.

1 Preheat the oven to 200°C/fan 180°C/Gas 6. Grease and line the base of a 20cm square cake tin (not loose-based) with non-stick baking paper.

2 Heat the oil in a large non-stick frying pan and gently fry the onion, pepper and courgette for 5 minutes, or until softened. Tip into the prepared tin and spread to the sides. Scatter the goat's cheese over the vegetables.

3 Whisk the eggs in a small bowl with sea salt and lots of ground black pepper until thoroughly combined.

4 Pour over the cheese and vegetables and bake in the preheated oven for 20 minutes, or until the frittata has set and is slightly puffy and golden brown.

5 Cut into squares or bars to serve.

COOK'S TIP

You can also use a shallow ovenproof dish for this recipe – an 18–20cm ceramic quiche dish would work well – but you will need to cook it for a little longer.

NON-FAST DAYS
Enjoy a larger portion.

Celeriac Spanish omelette

PER SERVING | 228cals | PROTEIN 15.5g | FAT 14.5g | FIBRE 5g | CARBS 6g

SERVES 4

300g celeriac, peeled and cut into roughly 2cm chunks
1 tbsp olive oil
1 medium onion, peeled and finely chopped
2 small peppers (1 red and 1 yellow), deseeded and thinly sliced
40g chorizo, finely chopped
10g bunch flat-leaf parsley, leaves finely chopped
6 medium eggs, beaten

Making a Spanish omelette with celeriac rather than potatoes reduces the starchy carbs and adds a delicious subtle flavour. Serve warm or cold with a large salad.

1 Third fill a saucepan with water and bring to the boil. Add the celeriac, return to the boil and cook for 5 minutes. Drain well.

2 Heat the oil in an ovenproof non-stick frying pan (with a base roughly 19cm diameter). Add the onion and peppers and cook over a medium heat for 5 minutes, or until softened and beginning to colour.

3 Add the chorizo and celeriac, season well with sea salt and plenty of ground black pepper and cook for a further 3 minutes, stirring.

4 Stir the parsley into the eggs, then pour over the vegetables. Reduce the heat and cook for 5 minutes without stirring. Meanwhile, preheat the grill to

a medium-hot setting.

5 Place the frying pan under the grill and cook for a further 4–5 minutes, or until the eggs are set, then remove and leave to stand for 5 minutes. Turn out on to a board, cut into quarters and serve.

COOK'S TIPS

- If you don't have a suitable pan, tip the lightly fried vegetables into a quiche dish, add the egg and parsley and bake in the oven until set instead.
- You can store leftover portions in the fridge, covered, for a couple of days, or take it to work for lunch.
- For a vegetarian version, simply leave out the chorizo and reduce the calories by 48cals per serving.

NON-FAST DAYS
Add a dressing to the salad, if serving one alongside, and serve larger portions of the omelette.

Pesto beans with Parma ham

PER SERVING | 344cals | PROTEIN 19g | FAT 18g | FIBRE 9g | CARBS 22g

SERVES 2

80g mixed baby leaf salad
1 × 400g can cannellini beans, drained and rinsed
1 tbsp fresh basil pesto
15g mixed nuts, roughly chopped
10g Parmesan, shavings or freshly grated
4 thin slices Parma ham or prosciutto
1 tbsp extra-virgin olive oil

A fab, instant and filling lunch which also works well in a lunch box.

1 Scatter the leaves on to two plates or into two lidded containers.

2 Mix the cannellini beans with the pesto then divide between the plates or containers.

3 Scatter the nuts and Parmesan over the beans, top with the ham, then drizzle with the oil. Finally, season with ground black pepper and serve.

NON-FAST DAYS
Serve with wholegrain bread and drizzle with more olive oil.

Fast falafel, hummus and beetroot salad

PER SERVING | 395cals | PROTEIN 9g | FAT 28.5g | FIBRE 7.5g | CARBS 22g

SERVES 1

40g mixed salad leaves
2 ready-made falafel (around 50g)
30g olive oil hummus (around 2 tbsp)
30g ready-made tzatziki (around 2 tbsp)
1 small cooked beetroot (around 40g), drained and quartered
1 tbsp extra-virgin olive oil
1 tsp mixed seeds

Pick up these ready-prepared ingredients in the supermarket to make your own delicious instant salad bowl.

1 Place the leaves in a bowl or lidded container.

2 Add the falafel, hummus, tzatziki and beetroot pieces.

3 Drizzle over the oil, sprinkle with the mixed seeds and serve.

NON-FAST DAYS
Enjoy with a small wholemeal pitta bread.

Celeriac skordalia

PER SERVING | 128cals

SERVES 6

½ medium celeriac (around 300g), peeled and cut into roughly 3cm chunks
6 garlic cloves, peeled
50g ground almonds
2 tbsp fresh lemon juice
½ tsp flaked sea salt
50ml extra-virgin olive oil
handful freshly chopped parsley, to serve

An indulgent Greek dip made with celeriac and almonds instead of potatoes and bread. Serve with veg sticks.

1 Third fill a saucepan with water and bring to the boil. Add the celeriac and garlic, return to the boil and cook for 15 minutes, or until the celeriac is very tender. Drain over a bowl and reserve the cooking water.

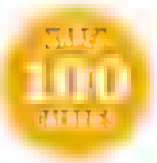
2 Place the celeriac and garlic in a food processor, add 1 ladleful (around 100ml) of the cooking water and blitz to a purée. Add the ground almonds, lemon juice and salt, season with ground black pepper and blitz.

3 Keep the motor running and add the olive oil in a thin stream, reserving about 1 teaspoon for serving. Blend until the purée thickens and becomes smooth.

4 Transfer to a small bowl, drizzle with the reserved olive oil, sprinkle with fresh parsley and serve.

NON-FAST DAYS
Serve with fingers of toasted wholemeal pitta bread.

Minty yoghurt raitha



PER SERVING | 59cals

SERVES 4

⅓ cucumber (around 135g)
150g full-fat live Greek yoghurt
3–4 tbsp finely chopped fresh mint

Serve as a cooling accompaniment to curries, or as a dip with veg sticks.

1 Cut the cucumber in half lengthways and scoop out the seeds with a teaspoon. Coarsely grate the flesh on to a board then transfer to a bowl.

2 Add the yoghurt and mint, and season with a good pinch of sea salt and lots of ground black pepper. Mix well and leave for 20–30 minutes to allow the flavours to mingle.

3 Keep chilled until ready to serve.

COOK'S TIP

If using as a dip, add 1 green chilli, deseeded and finely chopped, for a bit more zing.

NON-FAST DAYS
Serve with fingers of toasted wholemeal pitta bread or wholegrain seeded crackers.

Minted beetroot hummus

PER SERVING | 144cals

SERVES 6

300g cooked beetroot, drained and quartered
1 × 400g can chickpeas, drained and rinsed
1 garlic clove, peeled and halved
1 tsp ground coriander
2 tbsp finely chopped fresh mint leaves
2 tbsp extra-virgin olive oil
2 tbsp fresh lemon juice
½ tsp flaked sea salt
2 tbsp mixed seeds, toasted (see page 243)

A magnificent magenta-coloured hummus. Beetroot is surprisingly low in calories but high in nutrients. It can help reduce blood pressure and inflammation.

1 Put all the ingredients, except the seeds, in a food processor and season with ground black pepper. Blitz until almost smooth. Adjust the seasoning and lightly blitz again. Spoon into a bowl.

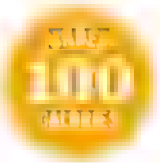
2 Toast the mixed seeds in a small dry frying pan over a low heat for about 2 minutes, shaking the pan regularly. Sprinkle over the hummus to serve.

★ Keep covered in the fridge for up to 3 days or you can freeze for up to 1 month.

NON-FAST DAYS

Drizzle with olive oil and top with an extra sprinkling of toasted mixed seeds. Serve with fingers of toasted wholemeal pitta bread or wholemeal crispbread (see tip page 238).

Roasted red pepper hummus



PER SERVING | 88cals

SERVES 6

175g roasted red peppers, from a jar, drained
1 × 400g can chickpeas, drained and rinsed
1 garlic clove, peeled and halved
1 tsp ground cumin
½ tsp crushed dried chilli flakes (optional)
2 tbsp extra-virgin olive oil
½ tsp flaked sea salt

A great way to use up a jar of roasted red peppers. Serve with non-starchy veg crudités.

1 Put all the ingredients in a food processor and season with lots of ground black pepper. Blitz until almost smooth. Adjust the seasoning to taste and blitz again but don't allow it to get too smooth.

2 Spoon into a bowl to serve.

COOK'S TIP

Keep covered in the fridge for up to 3 days or you can freeze for up to 1 month.

NON-FAST DAYS
Drizzle with olive oil and top with a sprinkling of toasted mixed seeds. Serve with fingers of toasted wholemeal pitta bread or wholemeal crispbread (see tip page 238).

Fish and Shellfish

Fish and shellfish are among the healthiest foods on the planet. Eating fish, particularly oily fish that contains much-needed omega-3 oils such as salmon or mackerel, may reduce your risk of stroke or heart attack as well as reduce inflammation. And it is wonderfully quick and easy to prepare.

Michael's favourite seafood is mussels, which are also, happily, one of the most sustainable foods you can buy – so we have included his recipe for mussels in creamy tarragon sauce.

Smoked haddock with lentils

PER SERVING | 434cals | PROTEIN 42g | FAT 14g | FIBRE 11g | CARBS 29g

SERVES 2

2 tbsp olive oil
½ medium onion, peeled and finely chopped
1 celery stick, trimmed and finely sliced
1 medium carrot, trimmed, halved lengthways and diagonally sliced
1 rosemary sprig or ¼ tsp dried rosemary
1 garlic clove, peeled and very finely sliced
1 × 250g sachet ready-cooked puy lentils
200ml vegetable stock (made with ½ stock cube)
2 × 140g smoked haddock or cod fillets, skinned
small handful roughly chopped fresh parsley leaves (optional)

A simple one-pan dish where the slightly smoky, salty flavour of the fish holds its own and enhances the earthiness of the lentils. Serve with a large portion of cooked leafy greens.

1 Heat the oil in a non-stick frying pan or wide-based saucepan over a low heat. Add the onion, celery and carrot and gently fry for 5 minutes, or until soft but not browned.

2 Add the rosemary and garlic and cook for a few seconds more, stirring. Tip the lentils into the pan and add the stock. Bring to a gentle simmer then place the fish fillets on top. Season well with ground black pepper and sprinkle with chopped parsley, if using.

3 Cover the pan with a lid (or a heatproof plate) and cook the fish for about 8 minutes, or until just beginning to flake when prodded with a knife.

4 Divide the lentils between two warmed plates or bowls, and top with the fish.

COOK'S TIPS

★ Buy your fish ready-skinned if you can, but if not, place the fish on a board, skin-side down, and carefully work a knife horizontally between the skin and the fish using a gentle sawing motion until separated.

★ Use canned lentils if you can't find the sachets in your local store.

NON-FAST DAYS

Top the fish with a poached egg for an extra 78cals a serving, or add 1 2 tablespoons of cooked quinoa to the lentils just before the end of the cooking time. A splash of white wine is a delicious addition to the stock.

Pan-fried fish with lemon and parsley

PER SERVING | 368cals | PROTEIN 33g | FAT 26g | FIBRE 0.5g | CARBS 0.5g

SERVES 1

1 plaice fillet (around 175g), or other white fish fillet, thawed if frozen
15g butter
1 tbsp extra-virgin olive oil
1 tbsp fresh lemon juice
small bunch fresh parsley, leaves finely chopped (around 2 tbsp)

This is the ideal meal for one, but can be easily doubled up. Cook your vegetables, or prepare a salad, before you start frying the fish, as it takes less than 5 minutes. If you don't fancy plaice, sea bass or sea bream make good alternatives.

1 Season the fish on the skinless side with sea salt and black pepper.

2 Melt the butter with the oil in a large, non-stick frying pan over a medium heat. Add the plaice, skin-side down, and cook for 3 minutes. Carefully turn over and cook on the other side for a further 1–2 minutes, depending on the thickness of your fillet. (You can peel off the skin carefully at this point, if you like.)

3 Lift the plaice on to a warmed plate with a fish slice or spatula, turning on to the skin side. Return the pan to the heat, add the lemon juice and parsley and simmer for just a few seconds, stirring constantly.

4 Pour the buttery juices over the fish to serve.

COOK'S TIPS

- Capers are delicious served with this fish. Simply add 1 tablespoon drained miniature capers at the same time as the lemon juice and parsley.
- If you want the dish to be dairy free, omit the butter and reduce the calories by 28cals per serving.

NON-FAST DAYS

Serve with a portion of warm white beans or some roasted vegetables. Add a knob of butter to your cooked greens or a generous splash of dressing to your salad. A serving of celeriac chips (see page 182) also goes well.

Crunchy fish bites

PER SERVING | 383cals | PROTEIN 33g | FAT 21g | FIBRE 0.6g | CARBS 15g

SERVES 2

1 medium egg
40g quick-cook polenta (fine cornmeal)
20g ground almonds
275g thick skinless white fish fillet (such as cod, haddock or pollock), cut into roughly 3cm chunks
2 tbsp olive or rapeseed oil
lemon wedges, to serve

Delicious chunky, white fish coated in a golden covering made of polenta and ground almonds. Once you have tasted these, you won't miss those starchy, breaded or battered versions. Serve with a large mixed salad, or freshly cooked greens.

1 Whisk the egg in a small bowl and season with sea salt and black pepper. Combine the polenta and almonds in a second bowl. Season with sea salt and black pepper.

2 One at a time, turn the pieces of fish in the beaten egg until well covered, then toss in the polenta mixture. Set aside on a plate.

3 Pour the oil into a large non-stick frying pan and place over a medium heat. Fry the fish bites for 5–7 minutes, depending on thickness, turning occasionally until cooked through, golden brown and crisp on all sides.

4 Serve with lemon wedges for squeezing over.

COOK'S TIP

If you are cooking for one, freeze half the coated but uncooked fish on a lined tray. Once solid, pop them into a freezer container. You can fry them gently from frozen – just add a few minutes to the cooking time.

NON-FAST DAYS

Serve with good-quality, full-fat mayonnaise mixed with a little fresh lemon juice, or spoonfuls of ready-made tartare sauce. Or for a fish-and-chip-style meal, serve with pea and broccoli mash (see page 128) and celeriac chips (see page 182).

Mediterranean fish bake

PER SERVING | 384cals | PROTEIN 24g | FAT 23.5g | FIBRE 7g | CARBS 15g

SERVES 2

1 medium red onion, peeled and cut into 12 wedges
1 red pepper, deseeded and cut into roughly 2cm chunks
1 medium courgette, trimmed, halved lengthways and cut into roughly 2cm slices
2 medium tomatoes, quartered
1½ tbsp olive oil
2 × 100g sea bass or sea bream fillets
40g pitted black olives (preferably Kalamata), drained
juice ½ large lemon, plus extra wedges to serve

Roasted Mediterranean-style vegetables work brilliantly with the fish in this simple traybake. Serve with a generous leafy green salad or a pile of thin green beans.

1 Preheat the oven to 200°C/fan 180°C/Gas 6.

2 Scatter the onion, pepper, courgette and tomato quarters over a large baking tray. Drizzle with 1 tablespoon of the oil and toss everything together. Season with sea salt and lots of ground black pepper and roast in the oven for 20 minutes.

3 Remove the tray from the oven and nestle the fish amongst the vegetables, skin-side down, and season with pepper. Scatter with the olives and squeeze the lemon juice over the top.

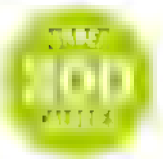
4 Return the tray to the oven for a further 8–10 minutes, or until the vegetables are tender and the fish is cooked through.

5 Divide the fish and vegetables between two warmed plates, drizzle with the remaining oil and serve with lemon wedges.

NON-FAST DAYS

Roast small cubes of butternut squash with the other vegetables in the first step. Add a dressing to the salad, if serving one alongside, or drizzle the fish with extra olive oil at the end. A sprinkling of pine nuts would also be lovely add to the baking tray for the last 2 3 minutes of cooking time.

Swedish spicy carrot with cod



PER SERVING | 279cals | PROTEIN 27.5g | FAT 13.5g | FIBRE 5g | CARBS 9g

SERVES 2

2 large carrots (around 300g), trimmed and thickly sliced
1 garlic clove, peeled
15g fresh root ginger, peeled
15g butter
½ tbsp fresh lemon juice
2 × 150g thick, skinless cod fillets (or other white fish)
1 tbsp olive oil
good pinch crushed dried chilli flakes

Juicy cod steaks sitting on a creamy carrot purée. Heaven. This recipe was inspired by a memorable meal after a 5:2 conference in Stockholm. Serve with half a plateful of cooked green vegetables, such as long-stemmed broccoli, spring greens or kale.

1 Place the carrots, garlic and ginger in a medium saucepan and cover with water. Bring to the boil then reduce to a simmer and cook for 15 minutes or until soft.

2 Remove the pan from the heat, scoop out and reserve a ladleful of water (around 100ml), then drain the carrot, garlic and ginger. Return them to the pan with 3 tablespoons of the reserved cooking water, the butter and lemon juice. Using a stick blender, blitz the carrots to a soft, smooth purée, adding a little extra cooking water if needed. Season to taste with sea salt and ground black pepper. Set aside.

3 Season the cod fillets on all sides with sea salt and black pepper. Heat the oil in a non-stick frying pan over a medium heat. Add the cod and fry for 4 minutes. Turn the fish, sprinkle with a few chilli flakes and cook on the other side for a further 3–5 minutes, depending on the thickness of each fillet. The cod is ready when it is just beginning to flake into large chunks.

4 Spoon the purée on to two warmed plates and place the fish on top.

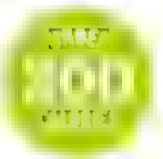
COOK'S TIP

If you don't have a stick blender, use a food processor or mash vigorously.

NON-FAST DAYS

Scatter with a handful of toasted almonds and drizzle with some extra-virgin olive oil. Add a few tablespoons of cooked puy lentils to your plate.

Ginger and chilli baked fish



PER SERVING | 233cals | PROTEIN 31g | FAT 7g | FIBRE 0.7g | CARBS 11g

SERVES 1

2 tsp olive or rapeseed oil
175g thick white fish fillet, such as cod (preferably skinned)
1 garlic clove, peeled and thinly sliced
15g stem ginger (around ½ ball), drained and cut into thin matchsticks
1 spring onion, trimmed and diagonally sliced
1 red bird's eye chilli, thinly sliced, or ¼ tsp crushed dried chilli flakes
juice ½ small lime, plus extra wedges to serve
handful fresh coriander leaves

A super-easy baked fish dish which is perfect for one and can be easily multiplied for extra servings. We've used cod, but any thick white fish will work well. Serve with long-stemmed broccoli, mange tout or stir-fried vegetables to fill half the plate.

1 Preheat the oven to 200°C/fan 180°C/Gas 6. Place a rectangle of kitchen foil on a baking tray and drizzle with the oil.

2 Place the fish skin-side down on one half of the foil, leaving enough to cover. Sprinkle the fish with the garlic, ginger, spring onion and chilli, and squeeze over the lime juice. Season with sea salt and plenty of ground black pepper, then fold the foil over the fish to cover and roll up the edges to seal the fish inside. Don't make the parcel too tight as space is needed to create steam to cook the fish.

3 Bake in the oven for 12–15 minutes, or until the fish is cooked and flakes into large pieces when prodded with a fork.

4 Carefully open the foil parcel and lift the fish on to a warmed plate, using a fish slice or spatula. Spoon the cooking juices over the fish, top with lots of fresh coriander and serve with lime wedges.

COOK'S TIP

You'll usually find jars of stem ginger in syrup in the baking department of the supermarket, but 1 teaspoon freshly grated root ginger can be used instead.

NON-FAST DAYS

Serve with brown rice or a mixture of wild rice and brown basmati. Look out for pouches of ready-cooked rice in the supermarket for speed and convenience.

Stir-fry tuna with hoisin sauce

PER SERVING | 328cals | PROTEIN 31.5g | FAT 13g | FIBRE 9g | CARBS 16.5g

SERVES 1

1 × 110g fresh tuna steak, cut into roughly 3cm chunks
1 tbsp coconut or rapeseed oil
1 × 300–350g pack stir-fry vegetables
2 tbsp ready-made hoisin sauce
pinch crushed dried chilli flakes (optional)

This quick tuna dish is the perfect meal after a busy day. Packs of ready-prepared stir-fry vegetables save time and are easily available. Or make your own combination with any fresh crispy vegetables. And don't worry about the minor variations in the calorie count of the stir-fried veg, just enjoy it!

1 Season the tuna on all sides with sea salt and ground black pepper.

2 Heat the oil in a large non-stick frying pan or wok over a high heat and stir-fry the tuna and vegetables for 3–4 minutes, or according to the pack instructions, and the tuna is lightly browned.

3 Drizzle over the hoisin sauce and toss with the fish and vegetables for 20–30 seconds more.

4 Sprinkle with the chilli flakes, if using, and serve immediately.

⭐ Use any firm fish you like for this easy dish; salmon and cod work well. Prawns can be used, as can thin strips of chicken breast. You'll need to adjust the calories if you make any substitutions – the tuna is 118cals.

NON-FAST DAYS

Serve with a small portion of wholewheat noodles or brown rice. You could also add a few tablespoons of defrosted edamame beans at stage 2.

Leek and salmon quiche in a dish

PER SERVING | 507cals | PROTEIN 34.5g | FAT 39.5g | FIBRE 2g | CARBS 2.5g

SERVES 2

1 tbsp olive oil, plus extra for greasing
1 medium leek, trimmed and thinly sliced (around 100g prepared weight)
1 garlic clove, peeled and crushed
generous handful young spinach leaves (around 50g)
100g cooked salmon fillet, skinned
4 large eggs
½ tbsp fresh thyme leaves or ½ tsp dried thyme
45g full-fat crème fraîche
15g Parmesan, medium grated

Abandoning the pastry crust makes this easy salmon quiche much lower in calories and carbs. Enjoy it warm with a large green and red leaf salad or cold as a nutritious, high-protein addition to a packed lunch.

1 Preheat the oven to 190°C/fan 170°C/Gas 5. Generously oil a small ovenproof baking dish, to hold around 900ml of liquid, or two small dishes.

2 Heat the oil in a medium non-stick frying pan over a medium heat. Add the leek and gently fry for 3 minutes, or until softened but not browned, stirring.

3 Add the garlic and spinach, a handful at a time, and cook for about 2 minutes or until the spinach has wilted and softened, stirring constantly.

Transfer to a sieve and press out the excess liquid from the spinach with the back of a spoon. Tip the leeks and spinach into the oiled dish or divide between the dishes.

4 Flake the salmon into chunky pieces and add to the leeks and spinach, spreading loosely over the base of the dish.

5 Whisk the eggs, thyme and crème fraîche in a small bowl. Add 2 tablespoons of the Parmesan, season with salt and lots of ground black pepper and stir well.

6 Pour the egg mixture gently over the salmon and veg. Sprinkle with the remaining Parmesan and bake for about 25 minutes (15–20 minutes if using two dishes), or until slightly puffed up, golden brown and just set.

COOK'S TIP

★ Use freshly snipped dill or chopped parsley instead of the thyme, if you like.

NON-FAST DAYS

Add a dressing to the salad, if serving one alongside, a bit of butter on the veg and include a few tablespoons of cooked pearl barley or lentils.

Sesame salmon with broccoli and tomatoes

PER SERVING | 403cals | PROTEIN 31.5g | FAT 26g | FIBRE 6g | CARBS 9g

SERVES 2

2 tsp olive or rapeseed oil
2 × 125g salmon fillets
6 spring onions, trimmed and each cut into 3 pieces
12 cherry tomatoes
200g long-stemmed broccoli, trimmed
1 tbsp dark soy sauce
1 tsp sesame oil
½ tsp crushed dried chilli flakes
1 tsp sesame seeds

This is wonderful served hot for supper or cold for lunch on the go. If you don't fancy salmon, any other chunky fish fillet will work well.

1 Preheat the oven to 200°C/fan 180°C/Gas 6. Drizzle a baking tray with the oil.

2 Place the salmon fillets in the tray, skin-side down, add the spring onions and tomatoes and season with lots of ground black pepper. Bake for 8 minutes.

3 Meanwhile, third fill a pan with water and bring to the boil. Add the broccoli and return to the boil. Cook for 4 minutes then drain.

4 Remove the tray from the oven and add the broccoli. Drizzle the soy sauce and sesame oil over the fish. Sprinkle everything with the chilli flakes and sesame seeds and return to the oven for a further 3–4 minutes, or until the salmon is just cooked.

5 Divide between two warmed plates and serve.

COOK'S TIP

★ You can test the salmon is ready by prodding with the side of a fork. It should flake into large pieces and look pale pink and opaque on the outside but slightly translucent right in the middle.

NON-FAST DAYS

Serve with wholegrain noodles or brown rice. Or try pea, bean or lentil pasta for a delicious and gluten-free alternative. Soba noodles work well, too.

Baked salmon with pea and broccoli mash

PER SERVING | 440cals | PROTEIN 34g | FAT 27g | FIBRE 7g | CARBS 11g

SERVES 2

15g butter, plus extra for greasing
2 × 125g fresh salmon fillets
150g frozen peas
150g broccoli, cut into small florets and stalks thinly sliced
1 tbsp finely chopped fresh mint (optional)
lemon wedges, to serve

This is easy-peasy, ready in less than 15 minutes.

1 Preheat the oven to 200°C/fan 180°C/Gas 6. Line a small baking tray with foil and grease lightly with butter.

2 Place the salmon on the foil, skin-side down, and season with a little salt and lots of ground black pepper. Bake for 10–12 minutes, depending on thickness.

3 Meanwhile, to make the pea and broccoli mash, half fill a pan with water and bring to the boil. Add the peas and broccoli and return to the boil. Cook for 5 minutes, or until the broccoli is tender. Reserve a small ladleful of the cooking water (around 75ml), then drain the vegetables and return them to the pan.

4 Add the butter, mint, if using, and 3 tablespoons of the reserved cooking water to the pan and blitz with a stick blender until almost smooth. Season to taste, adding a little extra water to loosen, if needed.

5 Divide the mash between two warmed plates and top with the roasted salmon; it should lift off the foil, leaving the skin behind. Serve with lemon wedges.

COOK'S TIP

★ If you don't have a stick blender, blitz the peas and broccoli in a food processor then return to the pan. Or simply mash vigorously.

NON-FAST DAYS

Toss cubes of peeled butternut squash in olive oil and roast on a baking tray for 15 minutes before placing the tray with the fish on the rack above. Cook both trays for a further 10–12 minutes.

Prawn nasi goreng

PER SERVING | 354cals | PROTEIN 21g | FAT 17g | FIBRE 10g | CARBS 23g

SERVES 2

2 tbsp coconut or rapeseed oil
1 medium onion, peeled and diced
1 red pepper, deseeded and cut into roughly 2cm chunks
½ small Savoy cabbage, leaves thinly sliced (about 275g prepared weight)
2 garlic cloves, peeled and thinly sliced
20g fresh root ginger, peeled and finely grated
½–1 tsp crushed dried chilli flakes (to taste)
200g cauliflower rice (see tip)
2 tbsp dark soy sauce
150g cooked, peeled prawns, thawed if frozen
generous handful fresh coriander, leaves roughly chopped (optional)
20g roasted peanuts, roughly chopped

My mother used to make a wonderful wok-ful of nasi goreng, garnished with fresh prawns and crispy onions. This is a quick, low-carb version that uses cauliflower 'rice' instead of basmati. Have everything ready before you start to cook as it will only take a few minutes.

1 Heat the oil in a large non-stick frying pan or wok over a medium–hot setting. Stir-fry the onion, red pepper and cabbage for 2–3 minutes, stirring frequently.

2 Add the garlic, ginger, chilli and cauliflower rice and stir-fry for 2–3 minutes more, or until the cauliflower is hot.

3 Add the soy sauce, prawns and half the coriander, if using, and cook for a further 1–2 minutes, stirring and tossing until the prawns are hot. Add more soy sauce to taste.

4 Divide between two bowls and top with the chopped nuts and the remaining coriander, if using. Add some more chilli flakes, if you like it hot.

COOK'S TIPS

- For extra protein, top with 2 medium eggs, fried in 1 teaspoon of oil. This will add an extra 94cals per serving.
- To make the cauliflower rice: Hold a small cauliflower at the stalk end and coarsely grate in short, sharp movements in a downward direction only to create tiny shavings of cauliflower resembling grains of rice. You can also do this in a food processor but don't let the pieces get too small or they will turn to a paste. If it makes life easier, you can buy ready-made cauliflower rice.
- For a vegetarian version, swap the prawns (52cals per serving) for 100g tofu fried in 2 tablespoons of oil (143cals per serving).

NON-FAST DAYS

Swap the cauliflower rice for cooked brown rice.

Thai curry with prawns

PER SERVING | 376cals | PROTEIN 18g | FAT 27g | FIBRE 5g | CARBS 13.5g

SERVES 2

1 tbsp coconut or rapeseed oil
1 red pepper, deseeded and cut into roughly 2cm chunks
4 spring onions, trimmed and thickly sliced
20g fresh root ginger, peeled and finely grated
3 tbsp Thai red or green curry paste
½ × 400ml can coconut milk
100g mange tout or sugar-snap peas, halved
1 red chilli, finely sliced, or ½ tsp crushed dried chilli flakes (optional)
200g large cooked peeled prawns, thawed if frozen

A creamy curry, full of Thai flavours and remarkably filling. Super-quick and easy, too.

1 Heat the oil in a large non-stick frying pan or wok over a medium–high heat and stir-fry the pepper for 2 minutes. Add the spring onions, ginger and curry paste and cook for 1 minute more, stirring.

2 Pour the coconut milk into the pan and bring to a gentle simmer.

3 Add the mange tout or sugar snap peas and chilli, if using. Return to a simmer and cook for 2 minutes, stirring regularly.

4 Add the prawns and heat for 1–2 minutes, or until hot. Adding a splash of water if the sauce thickens too much.

5 Serve with freshly cooked cauliflower rice (see page 242).

COOK'S TIPS

- Thai pastes do vary, so try and pick a good-quality one for the best depth of flavour.
- For half a can of coconut milk, tip the contents of a 400ml can into a measuring jug and whisk until as smooth as possible. Pour 200ml of the liquid into a bowl, cover and keep for another recipe. Use within 2 days, or pour into a lidded container and freeze for up to 1 month.

NON-FAST DAYS

Serve with brown rice or wholewheat noodles.

Mussels with creamy tarragon sauce

PER SERVING | 381cals | PROTEIN 27g | FAT 24g | FIBRE 2.5g | CARBS 4g

SERVES 2

1kg fresh, live mussels
1 tbsp olive oil
1 medium leek, trimmed and thinly sliced (around 100g prepared weight)
2 garlic cloves, peeled and thinly sliced
100ml dry white wine
75g full-fat crème fraîche
3–4 fresh tarragon stalks (around 5g), leaves picked and roughly chopped, or 1 tsp dried tarragon

Mussels make a fabulous, cheap, low-calorie yet high-protein meal. If you haven't cooked them before, don't be put off, they are incredibly easy and the quality of farmed mussels in the UK is superb. Serve with a 50g slice of brown sourdough or wholegrain bread (119cals).

1 Tip the mussels into the sink, scrub well under cold running water and remove the 'beards'. Discard any mussels with damaged shells or those that don't close immediately when tapped on the side of the sink. Put the good ones into a colander.

2 Heat the oil in a deep, lidded, wide-based saucepan or shallow casserole, over a low heat. Add the leek and garlic and very gently fry for 2–3 minutes, or until softened but not browned.

3 Add the white wine, crème fraîche and tarragon and season generously. Increase the heat under the pan and bring the wine to a simmer.

4 Stir in the mussels, cover tightly with a lid and cook for about 4 minutes, or until most of the mussels have steamed open. Stir well, then cover and cook for a further 1–2 minutes or until the rest are cooked.

5 Divide the mussels between two bowls, removing any that haven't opened, and pour the tarragon broth over the top.

If you can't get hold of tarragon, use freshly chopped parsley or dill instead.

NON-FAST DAYS

Serve with celeriac chips (see page 182).

Chicken and Turkey

Chicken and turkey are high-quality sources of protein. In this chapter, we have included lower-carb versions of classic dishes, such as Chicken goujons with Parmesan crumb, and a variety of curries, casseroles and bakes. Aim to look for responsibly sourced options.

Roast chicken thighs with lemon

PER SERVING | 385cals | PROTEIN 58g | FAT 17g | FIBRE 0g | CARBS 0g

SERVES 2

4 bone-in chicken thighs (each around 150g)
1–2 lemons, juice of 1 (around 2 tbsp), the other quartered (optional)
1 tbsp olive oil
2 tbsp fresh thyme leaves or 2–3 sprigs fresh rosemary, roughly chopped (or use 1 tsp dried herbs)
1 bulb garlic, halved (optional)

This juicy, herb-infused chicken is perfect served with a large green and coloured leaf salad, dressed with our Simple salad dressing (see page 241), or a generous serving of freshly cooked vegetables. It works brilliantly on the barbecue, too.

1 If cooking the chicken straight away, preheat the oven to 200°C/fan 180°C/Gas 6.

2 Put the chicken in a bowl with the lemon juice and oil. Add the thyme or rosemary and season with sea salt and lots of ground black pepper. Toss well together. If you have time, cover and leave to marinate in the fridge for at least 1 hour and up to 4 hours.

3 Place the chicken, skin-side up, in a roasting tin with the herbs and quartered lemon, if using, and bake for 15 minutes. Remove the tin from the oven, add the garlic, if using, and cook for a further 20–25 minutes, or until the chicken is lightly browned, tender and cooked all the way through.

COOK'S TIPS

- If you remove the skin before eating, you will save 25cals per serving.
- Add extra herbs for garnish about 10 minutes before the end of the cooking time, if you like.

NON-FAST DAYS

Serve with roasted butternut squash and or 3 tablespoons of cooked quinoa or brown or wild rice.

Chicken goujons with Parmesan crumb

PER SERVING | 399cals | PROTEIN 62g | FAT 13g | FIBRE 0.5g | CARBS 9g

SERVES 2

1 medium egg
50g Parmesan, finely grated
25g quick-cook polenta (fine cornmeal)
½ tsp dried thyme
½ tsp paprika (not smoked)
2 boneless, skinless chicken breast fillets (around 400g), each cut into 4–5 thin strips
lemon wedges, to serve

Tender chicken breast pieces with a crunchy golden Parmesan coating. Delicious served warm with a large mixed salad, dressed with our Simple salad dressing (see page 241), or with steamed sliced courgettes or a generous portion of mange tout.

1 Preheat the oven to 200°C/fan 180°C/Gas 6. Line a large baking tray with non-stick baking paper.

2 Whisk the egg in a medium bowl until smooth. Combine the Parmesan, polenta, thyme and paprika with some fine sea salt and a good grinding of black pepper in a separate bowl. Scatter half the mixture over a large plate.

3 Dip the chicken strips, one at a time, into the egg then coat in the Parmesan crumb. Top up the crumbs on the plate when the first batch is

used up.

4 Place the goujons on the baking tray and bake for 12–14 minutes, or until crisp, golden brown and cooked through.

5 Divide between two plates and serve with a squeeze of lemon.

COOK'S TIP

You can buy chicken mini fillets in packs from most supermarkets, which would make the prep quicker.

NON-FAST DAYS

Serve with a lemon mayo by combining a good-quality, full-fat mayonnaise with a little grated lemon zest and juice. You could also serve with a portion of celeriac chips (see page 182) and a pile of cooked petits pois.

One-pot roast chicken

PER SERVING | 460cals | PROTEIN 44.5g | FAT 18.5g | FIBRE 8.5g | CARBS 20g

SERVES 4

2 rashers smoked back bacon, cut into roughly 2cm strips
1 medium onion, peeled and sliced
1 medium chicken (around 1.6kg)
1 tbsp olive oil
150g baby carrots, trimmed
150g baby parsnips, peeled and trimmed
200ml hot chicken stock (made with 1 stock cube)
100ml dry white wine, or extra stock
1 tbsp fresh thyme leaves or ½ tsp dried thyme (optional)
200g frozen peas

An all-in-one chicken dish, which is perfect for a family lunch.

1 Preheat the oven to 200°C/fan 180°C/Gas 6.

2 Combine the bacon and onion in a medium flame-proof casserole and place the chicken on top. Drizzle with the oil and season with sea salt and ground black pepper. Roast for 30 minutes uncovered, until the chicken is golden brown.

3 Remove from the oven, transfer the chicken to a plate and add the carrots and parsnips to the casserole. Pour in the stock and wine, if using, and scatter with the thyme, if using. Place the chicken on top of the vegetables, cover the casserole with a lid and bake for a further 45–55 minutes or until the vegetables are tender and the chicken is cooked through.

4 Lift the chicken carefully out on to a warmed platter. Place the casserole on the hob and skim off any fat that has risen to the surface. Stir in the peas and bring the liquid to a boil (take care as the pan will be very hot). Boil hard for 2–3 minutes, or until the pan juices are reduced by half. Season to taste.

5 Carve the chicken into chunky pieces and serve in deep plates or bowls with the vegetables and cooking liquor poured over.

COOK'S TIP

★ Your casserole needs to be large enough to hold the chicken with the lid on. If you don't have one to hand, cook the chicken and vegetables in a sturdy roasting tin and cover tightly with foil instead of a lid.

NON-FAST DAYS
Increase your portion size.

Simple chicken casserole

PER SERVING | 303cals | PROTEIN 36g | FAT 12.5g | FIBRE 4g | CARBS 9g

SERVES 4

2 tbsp olive oil
6 boneless, skinless chicken thighs (around 600g), quartered
2 smoked back bacon rashers, cut into roughly 2cm strips
1 large onion, peeled and finely sliced
150g button mushrooms, halved or sliced if large
1 × 400g can chopped tomatoes
3 medium carrots, trimmed and cut into roughly 1cm slices
1 chicken stock cube
1 tsp mixed dried herbs

Tasty comfort food suitable for a family supper that can also be reheated the next day, or frozen for another time. Serve with lots of freshly cooked green vegetables, such as cabbage, broccoli, green beans or kale.

1 Preheat the oven to 200˚C/fan 180˚C/Gas 6.

2 Heat the oil in a flame-proof casserole dish over a medium heat. Add the chicken, bacon, onion and mushrooms, season with a little sea salt and lots of ground black pepper and cook for 6–8 minutes, stirring regularly until the chicken is coloured on all sides and the onion is lightly browned.

3 Add the tomatoes, carrots, crumbled stock cube and dried herbs. Pour over 400ml cold water and stir well. Bring to a simmer then cover with a lid

and cook in the oven for 40 minutes, or until the chicken is tender.

NON-FAST DAYS

Increase the portion size and serve with 2 3 tablespoons of cooked brown rice or quinoa. You can also add a can of cannellini or butterbeans to the casserole, along with an extra drizzle of olive oil.

Chicken wrapped in Parma ham

PER SERVING | 321cals | PROTEIN 44.5g | FAT 11g | FIBRE 3.5g | CARBS 10g

SERVES 4

4 boneless, skinless chicken breasts (each around 150g)
4 slices Parma ham or prosciutto
2 tbsp olive oil
1 medium onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
1 × 400g can chopped tomatoes or 500g passata
1 tsp dried oregano
200g young spinach leaves
25g Parmesan, finely grated

A very popular dish in our house. Serve with a large mixed salad.

1 Place the chicken on a board and cover with a sheet of cling film. Bash with a rolling pin to flatten until around 2cm thick. Season with sea salt and ground black pepper and wrap each of the breasts in a slice of Parma ham.

2 Heat 1 tablespoon of the oil in a large, non-stick frying pan or shallow flame-proof casserole dish. Add the wrapped chicken and fry on each side over a medium heat for 3–4 minutes, or until lightly browned. Transfer to a plate.

3 Add the remaining oil to the pan with the onion and gently fry for 5 minutes, then stir in the garlic and cook for a few seconds more.

4 Add the chopped tomatoes or passata, oregano, 300ml water and the spinach, a handful at a time (the pan will look very full). Bring to a gentle simmer and cook for 2–3 minutes, or until the spinach is very soft, stirring occasionally. Season the sauce.

5 Return the chicken to the pan and nestle into the sauce. Simmer gently for 18–20 minutes, or until the chicken is tender and thoroughly cooked, adding an extra splash of water if needed. Sprinkle with Parmesan to serve.

Freeze any leftover breasts with the sauce in lidded containers for up to 1 month. Defrost thoroughly, then reheat in a microwave or slice the chicken and reheat with the sauce in a frying pan until piping hot throughout.

NON-FAST DAYS
Serve the salad with an olive oil dressing.

Easy chicken tagine

PER SERVING | 447cals | PROTEIN 41g | FAT 17g | FIBRE 10g | CARBS 27g

SERVES 2

2 tbsp olive oil
1 medium onion, peeled and thinly sliced
3 boneless, skinless chicken thighs (around 300g), quartered
1½ tsp ground cumin
1½ tsp ground coriander
¼ tsp ground cinnamon
1 red pepper, deseeded and cut into roughly 3cm chunks
1 × 400g can chopped tomatoes
1 × 210g can chickpeas, drained (around 130g drained weight)
4 dried apricots (around 25g), roughly chopped
1 chicken stock cube
handful fresh coriander or parsley, leaves roughly chopped, to serve

A filling Moroccan-inspired casserole with lovely fibre-rich chickpeas. Don't be put off by the number of ingredients – once the chicken is browned it's an easy throw-it-in-the-oven number. Serve with a large portion of green beans or a generous leafy salad.

1 Preheat the oven to 200°C/fan 180°C/Gas 6.

2 Heat the oil in a medium flame-proof casserole over a medium heat. Add the onion and chicken and gently fry for 6–8 minutes, or until the onion is lightly browned, stirring regularly.

3 Sprinkle with the spices and cook for a few seconds more, stirring.

4 Add the pepper, tomatoes, chickpeas, apricots and crumbled stock cube. Pour in 250ml water, season with sea salt and plenty of ground black pepper and bring to a simmer. Cover with a lid and cook in the oven for 45 minutes, or until the chicken is tender and the sauce has thickened.

5 Sprinkle with coriander or parsley to serve.

COOK'S TIP

★ For a more fiery taste, add 1 tablespoon harissa paste with the tomatoes. For a meat-free version, omit the chicken, which is 163cals per serving, use a veggie stock cube and add 200g cubed butternut squash instead.

NON-FAST DAYS

Increase the portion size and serve with 3 tablespoons of quinoa or bulgur wheat.

Chinese-style drumsticks

PER SERVING | 238cals | PROTEIN 33g | FAT 10.5g | FIBRE 0g | CARBS 3g

SERVES 4

2 tsp Chinese five spice powder
4 tbsp dark soy sauce
2 tsp sesame oil
2 garlic cloves, peeled and crushed
8 chicken drumsticks
2 spring onions, trimmed and finely sliced (optional)

These can be oven-baked but are great for cooking on the barbecue, too. Serve with steamed pak choi or spring greens, or a large mixed salad.

1 Put the five spice, soy sauce, sesame oil and garlic in a large bowl and mix thoroughly. Slash each chicken drumstick through the thickest part 2–3 times and add to the marinade. Mix well. Cover and leave in the fridge to marinate for at least 30 minutes, or ideally several hours, turning occasionally.

2 Preheat the oven to 220°C/fan 200°C/Gas 7. Line a large baking tray with foil.

3 Place the drumsticks on the prepared tray, reserving any marinade left in the bowl, and bake for 20 minutes.

4 Remove from the oven, brush the chicken generously with the remaining marinade and return to the oven for a further 10–15 minutes, or until the chicken is tender and cooked throughout.

5 Garnish with the spring onions, if using, to serve.

COOK'S TIP

Make quick pickled cucumber to serve with the drumsticks by mixing half a very thinly sliced small red onion with half a deseeded and thinly sliced cucumber. Top with 1½ tablespoons live cider vinegar and season with a generous pinch of sea salt. Leave to stand for 30 minutes.

5:2

NON-FAST DAYS

Enjoy with 3 tablespoons of brown rice or quinoa.

Chicken tikka masala

PER SERVING | 427cals | PROTEIN 46g | FAT 21g | FIBRE 4g | CARBS 11.5g

SERVES 2

1 tbsp tikka curry paste
4 tbsp full-fat live Greek yoghurt
2 boneless, skinless chicken breasts (around 350g), cut into roughly 3cm chunks
1 tbsp coconut or rapeseed oil
fresh coriander, to serve (optional)
½ red chilli, sliced, to serve (optional)

For the masala sauce
1 tbsp coconut or rapeseed oil
1 medium onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
15g fresh root ginger, peeled and finely grated
2 tbsp tikka curry paste
1 tbsp tomato purée

A healthy version of a favourite curry, which is much better than a take-away. Choose a good-quality tikka curry paste. Serve with steamed greens or cauliflower rice (see page 242).

1 Combine the curry paste, yoghurt and 2 generous pinches of sea salt in a bowl. Add the chicken and mix until well coated. Cover and leave to marinate in the fridge for at least 1 hour, preferably longer or even overnight.

2 Fifteen minutes before you are ready to serve, make the sauce. Heat the oil in a large non-stick saucepan over a medium heat. Add the onion and fry gently for 5 minutes, or until softened, then stir in the garlic, ginger and curry paste and cook for 1½ minutes more. Pour 300ml water into the pan, stir in the tomato purée and bring to a simmer. Cook for 5 minutes, then remove the pan from the heat and use a hand blender to blitz the sauce. Set aside.

3 Heat the remaining oil in a large non-stick frying pan over a medium–high heat and fry the marinated chicken for 3 minutes, or until lightly browned, turning regularly.

4 Add the prepared sauce to the pan and bring to a simmer. Cook for 3–4 minutes, or until the chicken is thoroughly cooked, stirring constantly. Add a splash of water if the sauce thickens too much.

5 Sprinkle with the chopped coriander and chilli, if using, to serve.

COOK'S TIP

★ If you don't have a stick blender, you can leave out the blitzing but the sauce won't be as smooth and creamy.

NON-FAST DAYS

Serve with a portion of Minty yoghurt raitha (see page 106) and 2 3 heaped tablespoons of brown rice or a wholemeal roti.

Chicken, pepper and chorizo bake

PER SERVING | 421cals | PROTEIN 47g | FAT 17g | FIBRE 7g | CARBS 17g

SERVES 2

1 medium red onion, peeled and cut into 12 wedges
4 medium tomatoes, quartered
2 peppers (any colour), deseeded and cut into roughly 3cm chunks
1 tbsp olive oil
4 boneless, skinless chicken thighs (around 400g)
½ tsp hot smoked paprika
25g chorizo, diced

A simple chicken bake, full of healthy Mediterranean ingredients and wonderful Spanish flavours. Serve with a large leafy salad.

1 Preheat the oven to 200°C/fan 180°C/Gas 6.

2 Place the onions, tomatoes and peppers in a large baking tray. Drizzle with the oil and toss lightly. Nestle the chicken thighs amongst the vegetables. Sprinkle with paprika, season with sea salt and lots of ground black pepper and roast for 30 minutes.

3 Remove the tray from the oven, add the chorizo and return to the oven for a further 5 minutes, or until the chorizo is hot and beginning to brown.

NON-FAST DAYS
Increase the portion size and add a 400g can of butterbeans, drained, at the same time as the chorizo.

Easy jerk chicken

PER SERVING | 241cals | PROTEIN 42g | FAT 6g | FIBRE 1g | CARBS 4.5g

SERVES 4

8 boneless, skinless chicken thighs (around 800g)

For the marinade

1 medium onion, peeled and roughly chopped
2 garlic cloves, peeled
1 scotch bonnet chilli or 1 tsp crushed dried chilli flakes
juice 1 large lime, plus extra wedges to serve
2 tbsp dark soy sauce
1 tsp dried thyme
1 tsp ground allspice

Juicy, spicy Caribbean chicken – ideal for a barbecue and delicious oven-baked, too. Serve with a large mixed salad.

1 Blitz all the marinade ingredients with a good pinch of sea salt and lots of ground black pepper in a food processor to make a paste. Alternatively, grate the onion, crush the garlic and finely chop the chilli before mixing with the remaining ingredients. (Wash your hands well after handling the chilli.) Place the marinade in a large bowl.

2 Carefully score the chicken through the thickest part with a knife. Add the chicken to the marinade, stir well, then cover and leave to marinate in the fridge for at least 2 hours or overnight.

3 Preheat the oven to 200°C/fan 180°C/Gas 6. Line a baking tray with foil.

4 Place the chicken on the prepared tray and brush thickly with the marinade. Cook for 25 minutes, or until lightly browned and cooked through.

5 Serve with lime wedges for squeezing over.

COOK'S TIP

If cooking on the barbecue, sear the chicken on both sides over a medium heat then move it to the edges of the barbecue or up on to a higher level to finish cooking more gently for about 25–30 minutes. Turn occasionally and make sure the chicken is cooked through.

5:2

NON-FAST DAYS

Swap the lower calorie thigh fillets for bone-in, skin-on thighs. Serve with brown rice cooked in coconut milk and mixed with canned black-eye peas or red kidney beans; Homemade coleslaw (see page 87); or a salsa of tomatoes, avocado, lime and olive oil.

Satay chicken

PER SERVING | 264cals | PROTEIN 36g | FAT 12g | FIBRE 1g | CARBS 3g

SERVES 4

1 tbsp coconut or rapeseed oil
juice 1 lime (around 2 tbsp)
½ tsp crushed dried chilli flakes
2 tsp dark soy sauce
3 boneless, skinless chicken breasts (each around 175g), cut into 16 long, thin strips
lime wedges, to serve
1 green chilli, sliced (optional)

For the satay sauce
60g no-added-sugar crunchy peanut butter (around 4 tbsp)
1 tbsp dark soy sauce
15g fresh root ginger, peeled and finely grated

You will need 16 × 20cm bamboo (soaked in water for 15 minutes) or metal skewers

Now that nuts are back on the menu, even on a fast day, you can enjoy this tasty and filling satay sauce as a dip or drizzled. We like cooking these on a ridged griddle, but you can also cook them on the barbecue or under the grill. It's delicious served cold and makes a great portable meal. Serve with a mixed salad.

1 Melt the oil, if using coconut, in a small saucepan very gently then pour into a medium bowl. Add the lime juice, chilli flakes, soy sauce and a good grinding of black pepper. Mix well. Add the chicken strips and toss everything together well.

2 Thread the chicken strips on to the skewers. Work quickly as the lime juice will start 'cooking' the chicken. The coconut oil will also begin to solidify.

3 Place a large lightly greased griddle or non-stick frying pan over a medium–high heat and cook the chicken for 3–4 minutes on each side, depending on thickness, or until lightly browned and cooked through.

4 Meanwhile, to make the satay sauce, place the peanut butter in a small saucepan with around 4 tablespoons water, the soy sauce and grated ginger. Heat gently, stirring constantly until the peanut butter softens and the mixture becomes glossy and thickened. Add a little more soy sauce or water to taste, if needed.

5 Serve the chicken with lime wedges, chilli, if using, and the warm sauce in individual dipping bowls or simply drizzled over.

COOK'S TIP

- Use metal skewers if cooking on the barbecue or under the grill.

NON-FAST DAYS

Increase your portion size and serve with small portions of brown rice.

Turkey fajitas

PER SERVING | 195cals | PROTEIN 28g | FAT 5g | FIBRE 3g | CARBS 7.5g

SERVES 4

1 iceberg lettuce
1 tbsp olive or rapeseed oil
400g thin turkey breast steaks, cut into thin strips
1 medium red onion, peeled and cut into 12 wedges
2 peppers (1 red and 1 yellow), deseeded and thinly sliced
1 tsp hot smoked paprika
1 tsp ground cumin
1 tsp ground coriander
handful fresh coriander, leaves roughly chopped, to serve
100g full-fat live Greek yoghurt
lime wedges, to serve

Turkey makes a fantastic alternative to chicken here and iceberg lettuce is the perfect carrier for this tasty Mexican-style filling. Let everyone help themselves at the table.

1 Turn the lettuce over and cut around the stalk end with a small knife to separate the leaves. Carefully peel away at least eight leaves, wash and drain well. Place the leaves on a board or serving platter.

2 Heat the oil in a large non-stick frying pan over a medium heat and fry the turkey, onion and peppers for 5–6 minutes, or until the turkey is cooked and the vegetables are softened and lightly browned, stirring regularly.

3 Add the spices and cook for 1–2 minutes, stirring. Season with sea salt and lots of freshly ground black pepper.

4 Take the pan to the table or transfer to a warmed dish and sprinkle with lots of coriander.

5 Pile the hot turkey into the leaves, top with yoghurt and serve with lime wedges for squeezing over.

COOK'S TIP

★ Try to avoid the temptation to use a fajita mix, as most contain added sugars.

NON-FAST DAYS

Top the turkey with guacamole and grated cheese, too. Serve in a small good-quality wholemeal wrap, if you like.

Pork and Ham

Pork is a wonderfully versatile meat and we have created a good variety of recipes here, from a Peppered pork stir-fry through a Courgetti spaghetti with pine nuts, spinach and pancetta, to a luxurious, slow-cooked Perfect pulled pork. Try to buy outdoor-reared if you can.

Perfect pulled pork

PER SERVING | 192cals | PROTEIN 28g | FAT 5g | FIBRE 0.5g | CARBS 3g

SERVES 6

1kg pork shoulder joint, rind on

For the marinade
45g tomato purée (around 3 tbsp)
30g chipotle paste (around 2 tbsp)
juice 2 large oranges
juice 2 limes
1 tsp flaked sea salt
1 tsp ground cumin
1 tsp ground allspice
1 tsp coarsely ground black pepper

This succulent, zingy pork reheats beautifully, so can be enjoyed the next day, too. Serve in wraps made from Little Gem or romaine lettuce leaves topped with some diced cornichons.

1 To make the marinade, put the tomato purée, chipotle paste, orange and lime juice, salt and spices in a large non-metallic bowl and whisk until combined.

2 Remove any string from the pork and add the meat to the marinade. Turn the pork several times until it is well coated, then cover and leave to marinate in the fridge for at least 8 hours or overnight.

3 Preheat the oven to 170°C/fan 150°C/Gas 3.

4 Place the pork and its marinade in a medium casserole, cover and bake for about 3 hours, or until the pork falls apart when prodded with a fork. Check after a couple of hours and add a little extra water if needed to help keep the pork moist

5 Transfer the pork to a board or warmed platter and shred with two forks, discarding the rind and fat. Serve with a little of the spicy cooking juices spooned over.

COOK'S TIPS

★ This goes well with our Homemade coleslaw (see page 87); or you can buy a good-quality ready-made coleslaw but don't forget to add the extra calories.

★ You'll find smoky-tasting chipotle chilli paste in the World Food section of the supermarket, with the Mexican foods. Or use 2 teaspoons hot smoked paprika instead.

★ If serving fewer people, halve the quantity of pork and marinade and reduce the cooking time slightly.

5:2

NON-FAST DAYS

Serve in ready-made corn tacos with lots of salad.

Sausages with onion gravy and cauliflower mash

PER SERVING | 367cals | PROTEIN 19g | FAT 25g | FIBRE 4.5g | CARBS 15g

SERVES 4

2 tsp olive or rapeseed oil
12 good-quality, high-meat chipolata sausages (375g pack)
1 medium onion, peeled and thinly sliced
300ml hot stock (made with ½ pork or ½ chicken stock cube)
2 tbsp reduced sugar tomato ketchup
2 tsp cornflour

For the cauliflower mash
1 medium cauliflower, trimmed, cut into small florets and stalk thinly sliced (700g prepared weight)
1 tbsp olive oil

Who would believe you could have sausages and mash on a lower carb diet? Our creamy 'mash' is made with cauliflower instead of potatoes, but tastes just as good. Add lots of freshly cooked green vegetables, such as wilted spinach, sliced cabbage or beans.

1 To make the cauliflower mash, half fill a medium pan with water and bring to the boil. Add the cauliflower and return to the boil. Cook for 15–20 minutes or until very soft. Drain, then return to the pan. Add the olive oil, a couple of pinches of sea salt and lots of ground black pepper. Blitz with a stick blender or cool slightly and blend in a food processor until smooth.

(You can also mash vigorously with a potato masher.) Keep warm over a very low heat, stirring occasionally.

2 Meanwhile, heat the oil in a large non-stick frying pan and gently fry the sausages for 5 minutes, turning regularly. Add the onion and cook for a further 8–10 minutes, until the sausages are thoroughly cooked and the onion is very soft and lightly browned.

3 Stir in the stock and ketchup and bring to a simmer. Mix the cornflour with 1 tablespoon cold water in a small bowl and stir into the pan. Season well with ground black pepper and simmer for 1–2 minutes, or until thickened and glossy, stirring constantly. Adjust the seasoning to taste.

4 Divide the cauliflower mash between four warmed plates and top with the sausages and gravy.

NON-FAST DAYS

Increase the portion size and add a generous knob of butter or grated mature Cheddar to the cauliflower after blending, and mix well.

Cheat's one-pot cassoulet

PER SERVING | 445cals | PROTEIN 30g | FAT 26g | FIBRE 8g | CARBS 19g

SERVES 4

1 tbsp olive oil
6 spicy sausages (around 400g), such as Toulouse or spicy pork
1 large onion, peeled and thinly sliced
100g cubed smoked lardons, pancetta or bacon
1 × 400g can haricot or cannellini beans, drained and rinsed
1 × 400g can chopped tomatoes
1 tsp dried mixed herbs
generous handful chopped fresh parsley, to serve

This is comfort food from France. Beans, like lentils, are a great source of fibre and have even been found to improve quality of sleep. Serve steaming hot with lots of green leafy vegetables.

1 Heat the oil in a wide-based, non-stick saucepan or flame-proof casserole, add the sausages and cook over a medium heat for about 5 minutes, or until lightly browned on all sides, turning regularly. Remove from the pan and transfer to a board.

2 Add the onion and pancetta to the pan and cook for 3–5 minutes, stirring regularly until golden.

3 Cut the sausages in half and return them to the pan, and add the beans, tomatoes and herbs. Stir in 150ml water and bring to a gentle simmer.

Cover loosely and cook for 18–20 minutes, stirring occasionally. Add an extra splash of water if the sauce thickens too much.

4 Season to taste with sea salt and generous amounts of black pepper and stir in the parsley to serve.

COOK'S TIP

★ Look out for full-flavoured sausages for this casserole as they'll add lots of flavour to the sauce. If you can only find the traditional kind, crumble half a chicken stock cube into the sauce, increase the herbs and add ½ teaspoon crushed dried chilli flakes.

NON-FAST DAYS

Serve with warmed wholegrain bread drizzled with olive oil.

Pan-fried pork with apple and leek

PER SERVING | 355cals | PROTEIN 32g | FAT 21g | FIBRE 3.5g | CARBS 7g

SERVES 2

2 pork loin steaks (each around 135g)
1 tbsp olive or rapeseed oil
1 small apple, quartered, cored and sliced
1 medium leek, trimmed and cut into roughly 1cm slices
200ml pork or chicken stock (made with ½ stock cube)
1 tsp Dijon or wholegrain mustard
45g full-fat crème fraîche (around 3 tbsp)

A scrumptious, filling pork dish. And one with prebiotic fibre that your gut microbes will love. Serve with a large portion of freshly cooked leafy greens, courgette or green beans.

1 Season the pork on both sides with a little sea salt and lots of ground black pepper. Heat the oil in a non-stick frying pan over a medium heat and fry the pork for 3–4 minutes on each side, depending on thickness, or until lightly browned and cooked through. Don't overcook or the pork will toughen. Transfer to a warmed plate.

2 Add the apple and leek to the frying pan and cook for 2 minutes, or until lightly browned and beginning to soften.

3 Stir in the stock and mustard and bring to a simmer. Cook for 3 minutes, or until the leek is soft and the liquid has reduced by roughly two-thirds,

stirring constantly. Stir in the crème fraîche and cook until melted and bubbling.

4 Return the pork to the pan and warm through for a minute or two before serving.

NON-FAST DAYS
Serve with a few tablespoons of brown rice or swede mash (see page 180).

Peppered pork stir-fry

PER SERVING | 276cals | PROTEIN 29g | FAT 11g | FIBRE 5g | CARBS 12.5g

SERVES 2

250g pork tenderloin (fillet), trimmed, cut in half lengthways then into 1cm slices
1 tbsp coconut or rapeseed oil
1 × 320–350g pack mixed stir-fry vegetables
15g fresh root ginger, peeled and finely grated

For the spicy sauce
1 tsp cornflour
1 tbsp dark soy sauce
1 tsp runny honey
¼–½ tsp crushed dried chilli flakes

A super-quick, super-tasty stir-fry.

1 Season the pork all over with a little sea salt and a generous amount of freshly ground black pepper.

2 Heat the oil in a large non-stick frying pan or wok over a medium–high heat. Add the pork and stir-fry, tossing frequently, for 3–4 minutes, or until lightly browned and cooked through.

3 Add the vegetables and stir-fry with the pork for 2–3 minutes. Stir in the ginger and cook for a few seconds more.

4 Meanwhile, for the spicy sauce, mix the cornflour with the soy sauce, honey and chilli in a small bowl. Stir into the pan and toss everything

together for 1–2 minutes, or until the vegetables are tender and glossy. Serve with a little extra soy sauce, if you like.

COOK'S TIPS

- Freeze any leftover pork from the whole tenderloin – wrap tightly in foil and place in the freezer for up to 3 months.
- This could also be made with strips of beef, chicken or tofu. The pork in this recipe contributes 154cals per serving – adjust the calories accordingly.

NON-FAST DAYS

Add cooked wholewheat or soba buckwheat noodles and a little of the noodle water at the same time as the sauce or serve with a few tablespoons of brown rice.

Parma pork with squash mash

PER SERVING | 308cals | PROTEIN 35g | FAT 7g | FIBRE 6g | CARBS 23.5g

SERVES 3

1kg butternut squash
400g pork tenderloin (fillet), trimmed of fat and sinew
3 slices Parma ham or prosciutto

A gorgeous roast using just three ingredients, with a total preparation time of less than 10 minutes. It also reheats really well, so can be warmed up for lunch or supper the following day. Serve with lots of freshly cooked shredded kale, cabbage or other greens.

1 Preheat the oven to 200°C/fan 180°C/Gas 6 and line a baking tray with foil.

2 Place the whole, unpeeled squash on the baking tray and prick 8–10 times with the tip of a knife. Bake for 1 hour.

3 Meanwhile, wrap the pork in the Parma ham or prosciutto. Place the pork on the tray alongside the squash and return to the oven for a further 25–30 minutes, or until the pork is cooked and the squash is tender. (You should be able to push a knife into the squash easily.)

4 Transfer the pork to a warm plate, cover with foil and leave to rest. Meanwhile, cut the squash in half vertically and, using a large spoon, scoop

out and discard the seeds. Scoop the flesh out of the skin and place in a bowl. Season with sea salt and ground black pepper then mash really well.

5 Place the pork on a board, reserving the resting juices, and slice thickly. Spoon the mash on to warmed plates and top with the pork. Drizzle with the juices to serve.

COOK'S TIP

Roasted squash makes a great accompaniment to other meals too. The length of cooking time will vary according to the size of the squash. The mashed squash alone contains 55cals per 150g serving.

5:2

NON-FAST DAYS

Serve two rather than three on non-fast days, so each person gets a larger portion.

Courgetti spaghetti with pine nuts, spinach and pancetta

PER SERVING | 461cals | PROTEIN 21g | FAT 27g | FIBRE 7g | CARBS 29g

SERVES 2

80g dried wholewheat spaghetti
1 large courgette, trimmed and spiralized (see page 242 or 250g ready-prepared courgetti)
20g pine nuts
50g cubed smoked lardons or pancetta (or diced bacon)
1 tbsp olive oil
150g young spinach leaves
80g feta

Some token spaghetti gives this delicious carbonara a bit of texture, without adding too many calories. Serve with a salad – use radicchio or red chicory for extra antioxidants.

1 Half fill a large saucepan with water and bring to the boil. Add the spaghetti, return to the boil and cook for 10–12 minutes, or until tender. Add the spiralized courgette and stir together quickly, then immediately strain through a colander, and run very briefly under a cold tap.

2 Meanwhile, place the pine nuts and lardons in a nonstick saucepan with half the oil and fry over a medium heat for 2–3 minutes, stirring regularly until lightly browned. Tip out on to a plate and return the pan to the heat.

3 Add the remaining oil and spinach and cook over a medium heat for 1–2 minutes, or until the spinach is soft, stirring regularly. Crumble two thirds of the feta over the top, season and cook until the feta melts, making a creamy coating for the spinach.

4 Return the spaghetti and courgetti to their saucepan, add the spinach and feta sauce and, using two forks, toss together well over a medium heat for 1–2 minutes.

5 Divide between two shallow bowls, crumble the remaining feta over the top and sprinkle with the pancetta and pine nuts.

COOK'S TIPS

★ If not eating pork, skip the pancetta and reduce the total calories by 60cals per portion.

★ A spiralizer will help to cut courgettes, and other vegetables, into long, thin, spaghetti-like strips. If you don't have one, buy ready-made courgetti. You could also peel the courgette into long strips using a potato peeler.

NON-FAST DAYS

Increase the amount of wholewheat spaghetti.

Lamb and Beef

We are generally reducing the amount of red meat we eat, but we love having some in a stew or curry, and every now and then we enjoy a juicy, nutritious steak. These recipes include lamb and beef in moderate quantities, along with lots of lovely vegetables for extra interest and flavour.

Lamb chops with crushed minted peas and feta

PER SERVING | 542cals | PROTEIN 47g | FAT 33g | FIBRE 5g | CARBS 12g

SERVES 2

2 thick lamb loin chops (each around 175g) or 4 lamb cutlets
1 tsp olive oil

For the crushed minted peas and feta
200g frozen peas
1 tbsp olive oil
15g pine nuts, toasted (see 84)
1 red chilli, deseeded and finely diced
10g fresh mint, leaves finely chopped
50g feta

A quick, easy and wonderfully satisfying supper. Serve with a leafy salad or a generous portion of wilted spinach (which tastes even better with a teaspoon of olive oil or butter – add 40cals).

1 Rub the lamb with the oil and season on both sides with sea salt and ground black pepper. Heat a griddle, barbecue or frying pan to a medium–high heat and cook the chops for 3–5 minutes on each side, depending on thickness, or until done to taste. Turn on to the fat side for 30 seconds at the end.

2 Meanwhile, to make the minted peas, third fill a pan with water and bring to the boil. Add the peas and cook for 3 minutes. Drain the peas then return

to the pan and mash lightly. Add the olive oil, pine nuts and chilli, sprinkle with the mint and crumble the feta on top. Season with lots of ground black pepper and toss lightly.

3 Divide the lamb and crushed peas between two plates to serve.

NON-FAST DAYS

Drizzle with more olive oil or dress the salad with our Simple salad dressing (see page 241). Add 2–3 tablespoons of cooked quinoa or pearl barley.

Lamb saag

PER SERVING | 361cals | PROTEIN 29g | FAT 21.5g | FIBRE 3.5g | CARBS 10.5g

SERVES 4

1 tbsp coconut or rapeseed oil
1 medium onion, peeled and finely sliced
500g lamb neck fillets, trimmed and cut into roughly 3–4cm chunks
60g (around 4 tbsp) medium Indian curry paste, such as rogan josh or tikka masala
50g dried red split lentils
200g frozen spinach

A handy throw-it-all-together curry that you can bung in the oven and forget about. Use a good-quality curry paste for the best results. Serve with cauliflower rice (see page 242) and a cucumber and red onion salad.

1 Preheat the oven to 180°C/fan 160°C/Gas 4.

2 Heat the oil in a flame-proof casserole and gently fry the onion for 5 minutes, or until softened and lightly browned.

3 Add the lamb pieces, season with sea salt and ground black pepper, and cook for 3 minutes, or until coloured on all sides, turning regularly. Stir in the curry paste and cook with the lamb and onion for 1 minute.

4 Add the lentils and spinach and stir in 500ml water. Bring to the boil, cover with a lid and cook in the oven for 1–1¼ hours, or until the lamb is tender and the sauce is thick.

NON-FAST DAYS

Enjoy a larger portion. Serve with a few tablespoonfuls of brown rice, Minty yoghurt raitha (see page 106) and pickles.

Spiced lamb and minted yoghurt

PER SERVING | 377cals | PROTEIN 25g | FAT 24.5g | FIBRE 4g | CARBS 12g

SERVES 2

½ tsp ground cumin
½ tsp ground coriander
2 lean boneless lamb leg steaks (each around 100g)
2 tbsp olive oil
1 medium red onion, peeled and cut into 12 wedges
1 pepper (any colour), deseeded and cut into roughly 3cm chunks
1 medium courgette, halved lengthways and cut into roughly 1.5cm slices

For the minted yoghurt sauce
100g full-fat live Greek yoghurt
½ small garlic clove, peeled and crushed
2 tbsp finely chopped fresh mint leaves

A classic combination of spice-crusted lamb with colourful Mediterranean vegetables.

1 Mix the cumin, coriander, a pinch of sea salt and lots of ground black pepper on a plate. Coat the lamb steaks on both sides with the spice mix then set aside.

2 To make the minted yoghurt sauce, mix the yoghurt, garlic and mint in a small bowl and add just enough cold water to make a drizzly consistency.

3 Heat 1 tablespoon of the oil in a large non-stick frying pan and gently fry the onion, pepper and courgette for 4–5 minutes, stirring regularly.

4 Push all the vegetables to one side of the pan, add the remaining 1 tablespoon oil and fry the steaks over a medium heat for 3–4 minutes on each side, or until done to taste. (Turn the vegetables occasionally while the lamb is cooking so they don't burn.)

5 Leave to stand for 5 minutes, then divide between two plates and drizzle with the yoghurt sauce.

NON-FAST DAYS

Take the lamb steaks out of the pan once cooked and add a drained and rinsed 200g can of chickpeas to the vegetables. Stir-fry for a couple of minutes until hot.

Meatballs in tomato sauce

PER SERVING | 272cals | PROTEIN 16g | FAT 20g | FIBRE 2g | CARBS 7g

SERVES 4

300g small good-quality beef meatballs (around 20)
1 tbsp olive oil
1 medium onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
1 × 400g can chopped tomatoes
1 tsp dried oregano
¼–½ tsp crushed dried chilli flakes (optional)

You can make this dish with the classic Mediterranean flavours suggested here, or give it a more exotic Moroccan taste (see cook's tip). Serve with a large helping of lightly cooked courgetti (see page 242) and a leafy salad.

1 Preheat the oven to 200°C/fan 180°C/Gas 6.

2 Place the meatballs on a baking tray and cook for 10 minutes.

3 Meanwhile, for the tomato sauce, heat the oil in a large non-stick frying pan and gently fry the onion for 5 minutes, or until softened and lightly browned, stirring regularly. Add the garlic and cook for a few seconds more, stirring.

4 Tip the tomatoes into the pan, add 200ml water, the oregano and chilli, if using, and bring to a gentle simmer. Cook for 5 minutes, stirring.

5 Remove the meatballs from the oven and transfer to the tomato sauce. Season with sea salt and ground black pepper and cook for a further 5 minutes, or until the meatballs are thoroughly cooked. Stir regularly and add a splash of water if the sauce thickens too much.

COOK'S TIP

For a **Moroccan-style version of the recipe**, with 300cals per serving, fry the onion with 1 diced pepper for 5 minutes then add 1 teaspoon ground cumin and fry for a few seconds before adding 1 tablespoon harissa paste and 6 quartered dried apricots as well as the tomatoes, water, oregano and chilli. Finish with a generous scattering of freshly chopped coriander.

NON-FAST DAYS

Serve the Mediterranean meatballs with small portions of wholegrain pasta, or bean, lentil or pea pasta and sprinkle with a little grated Parmesan. Serve the Moroccan version with a few tablespoons of quinoa or brown rice.

Simple steak and salad

PER SERVING | 346cals | PROTEIN 30g | FAT 22g | FIBRE 3g | CARBS 5g

SERVES 2

225g lean sirloin beef steak, cut in half
1 tbsp olive oil
150g button chestnut mushrooms, halved or sliced if large

For the salad
100g mixed leaves
½ yellow pepper, deseeded and sliced
10 cherry tomatoes, halved
⅓ cucumber (around 135g), sliced
2 spring onions, trimmed and finely sliced

For the balsamic dressing
2 tbsp extra-virgin olive oil
2 tsp balsamic vinegar

A juicy steak with a colourful dressed salad is a fantastic, easy, low-carb combination, which provides a good protein boost on a fast day.

1 To make the salad, toss all the ingredients in a bowl.

2 Season the beef all over with sea salt and lots of ground black pepper.

3 Heat the oil in a large non-stick frying pan over a medium–high heat and fry the steaks for 3–4 minutes on each side, or until done to taste. Place the steaks on two warmed plates and leave to rest.

4 Add the mushrooms to the pan and cook for 2–3 minutes, or until browned, stirring regularly. Spoon on top of the steaks.

5 Drizzle the oil and vinegar over the salad and toss lightly. Serve alongside the steak and mushrooms.

NON-FAST DAYS

Serve with roasted butternut squash wedges, add a generous spoonful of full-fat crème fraîche to the mushrooms just before the end of their cooking time and double up the dressing ingredients.

Cottage pie with swede mash

PER SERVING | 354cals | PROTEIN 27g | FAT 16g | FIBRE 10g | CARBS 21g

SERVES 5

2 tbsp olive oil
500g lean minced beef (around 10% fat)
1 medium onion, peeled and finely chopped
200g carrots (around 2 medium), trimmed and cut into roughly 1cm chunks
1 beef stock cube
2 tbsp tomato purée
1 tbsp Worcestershire sauce
1 tsp dried mixed herbs
1.2kg swede (around 1 large or 2 small), peeled and cut into roughly 3cm chunks
150g frozen peas

A family favourite given a low-carb make-over. Eat leftovers another day or freeze them. Serve with lots of freshly cooked green vegetables.

1 Heat the oil in a large non-stick saucepan and gently fry the mince, onion and carrots for 8–10 minutes, or until the mince is browned and the onions softened.

2 Crumble the stock cube over the mince and stir in 700ml water, the tomato purée, Worcestershire sauce and herbs. Bring to a simmer and season generously with sea salt and ground black pepper. Cover loosely and cook for about 25 minutes, stirring occasionally, adding a little more water, if needed. The mince should be tender and fairly saucy.

3 Preheat the oven to 220˚C/fan 200˚C/Gas 7.

4 Meanwhile, to make the swede mash, place the swede in a large saucepan and cover with cold water. Cover with a lid and bring to the boil. Cook for 20 minutes, or until soft. Drain the swede in a colander then return to the pan and mash with a potato masher until as smooth as possible. Season with sea salt and ground black pepper.

5 Add the frozen peas to the mince and cook for 1 minute, stirring constantly. Pour carefully into a 2-litre shallow ovenproof dish. Spoon the swede on top of the mince and bake for 25–30 minutes, or until the swede is tipped with brown and the filling is bubbling. (It won't go golden like mashed potato.)

NON-FAST DAYS

Mix the mashed swede with full-fat crème fraîche or grated mature Cheddar, or a good slug of olive oil.

Beef stroganoff

PER SERVING | 392cals | PROTEIN 33g | FAT 23.5g | FIBRE 3g | CARBS 11g

SERVES 2

250g sirloin steak
2 tbsp olive or rapeseed oil
1 medium onion, peeled and thinly sliced
150g button chestnut mushrooms, sliced
1 tsp paprika (not smoked)
175ml beef stock (made with ½ beef stock cube)
2 tsp cornflour
30g (around 2 tbsp) full-fat crème fraîche
chopped fresh parsley, to serve

This tasty, satisfying beef dish includes lots of lovely mushrooms, which add extra taste and texture with minimal calories. Serve with cauliflower rice (see page 242) or courgetti (see page 242) and a mixed side salad.

1 Trim any fat from the steak and cut on a slight diagonal into long thin strips, not more than 1cm wide. Season well with sea salt and ground black pepper.

2 Heat 1 tablespoon of the oil in a large non-stick frying pan over a medium–high heat. Add the steak and fry for 2–3 minutes, or until browned but not cooked through. Tip the beef on to a plate and return the pan to the heat.

3 Add the remaining oil to the pan with the onion and mushrooms, and cook for 4–5 minutes, or until the onions are softened and lightly browned. Sprinkle with paprika and cook for a few seconds more.

4 Pour the stock into the pan and bring to a simmer. Cook for 2 minutes, stirring regularly.

5 Mix the cornflour with 1 tablespoon cold water in a small bowl and stir into the pan. Add the crème fraîche and return the beef to the pan. Warm the beef in the sauce for 1–2 minutes, adding an extra splash of water if needed, stirring regularly. Sprinkle with chopped fresh parsley to serve.

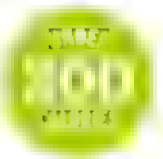
COOK'S TIP

You can make this with strips of chicken or turkey breast instead, but remember to adjust the calories: 200g sirloin steak contains 268cals; 200g chicken breast 212cals; and 200g turkey breast 210cals.

NON-FAST DAYS

Serve with brown or wild rice and extra crème fraîche.

Classic burger with celeriac chips



PER SERVING | 259cals | PROTEIN 24g | FAT 13.5g | FIBRE 8g | CARBS 6g

SERVES 4

½ medium onion, peeled and coarsely grated or very finely chopped
1 garlic clove, peeled and finely grated
100g carrot (around 1 medium), trimmed and finely grated
400g lean minced beef (around 10% fat)
½ tsp flaked sea salt
½ tsp dried mixed herbs

For the celeriac chips
750g celeriac, peeled (around 600g peeled weight)
1 tbsp olive or rapeseed oil

Adding grated carrot to burgers makes them extra juicy and boosts the fibre. And with this low-carb recipe you still get to munch your chips. Serve the burgers with a large mixed salad.

1 Preheat the oven to 220°C/fan 200°C/Gas 7.

2 To make the celeriac chips, carefully cut the celeriac into roughly 1.5cm slices and then into chips. Place in a bowl with the oil, a couple pinches of sea salt and lots of ground black pepper. Toss well together. Scatter over a baking tray and bake for 20 minutes. Turn the chips and return to the oven for a further 5–10 minutes, or until tender and lightly browned.

3 Meanwhile, make the burgers. Put the onion, garlic, carrot, mince, salt and dried mixed herbs in a bowl, season with lots of ground black pepper

and combine thoroughly with your hands.

4 Divide the mixture into 4 balls and flatten into burger shapes. Make them a little flatter than you think they should be, as they will shrink as they cook.

5 Place a large non-stick frying pan over a medium heat and cook the burgers without any additional fat for 10 minutes, or until lightly browned and cooked through, turning occasionally. Press the burgers every now and then with a spatula so they cook evenly.

6 Divide the chips between four warmed plates and serve a burger alongside.

We use a few cherry tomatoes in the salad for colour, but any more than that and you would need to include the calories if you are on a fast day.

NON-FAST DAYS

Top the burgers with slices of blue cheese and pop under the grill. Add spoonfuls of our Homemade coleslaw (see page 87) if you like.

Beef rendang

PER SERVING | 482cals | PROTEIN 36g | FAT 31.5g | FIBRE 2.5g | CARBS 12.5g

SERVES 4

600g beef braising steak, trimmed and cut into roughly 4cm chunks
6 garlic cloves, peeled
50g fresh root ginger, peeled and roughly chopped
2 medium red onions, peeled and quartered
1 tsp crushed dried chilli flakes
2 tbsp coconut or rapeseed oil
1 × 400ml can coconut milk
3 tbsp dark soy sauce
1 beef stock cube
½ tsp ground cinnamon
2 stalks lemongrass, trimmed (optional)
lime wedges, to serve

This recipe is a pared down version of the Malaysian classic but is incredibly delicious and satisfying. Serve with steamed spring greens, long-stemmed broccoli or pak choi.

1 Preheat the oven to 170˚C/fan 150˚C/Gas 3. Season the beef with a sea salt and lots of freshly ground black pepper.

2 Put the garlic, ginger, onions and chilli flakes in a food processor and blitz until very finely chopped.

3 Heat 1 tablespoon of the oil in a large non-stick frying pan over a high heat. Fry the beef in two batches until lightly browned on all sides and

transfer to a flame-proof casserole dish.

4 Add the remaining oil to the pan and gently fry the garlic and onion mixture for 5 minutes, stirring constantly.

5 Add to the casserole with the beef and stir in the coconut milk, soy sauce and 200ml water. Crumble in the stock cube and add the cinnamon. If using lemongrass, snap each stalk twice without completely separating the pieces, or bash with a rolling pin, and add to the curry (this will release their flavour). Stir well and bring to a simmer. Cover with a lid and cook in the oven for 2¾–3¼ hours, or until the beef is meltingly tender.

COOK'S TIPS

★ Lemongrass stalks can be found with the garlic and ginger in the supermarket, but you can use a couple of tablespoons of puréed lemongrass from a jar if you prefer.

★ If you don't have a food processor, grate the garlic, ginger and onion. You could also simplify the recipe by using a ready-made rendang paste, but these tend to contain sugar.

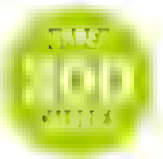
NON-FAST DAYS

Serve with 2–3 tablespoons of cooked brown rice and some Minty yoghurt raitha (see page 106).

Meat-free

These recipes are mainly plant-based – some contain dairy or eggs, added for flavour and to boost protein intake on fasting days – and they can be supplemented by a number of recipes in the meat chapters, where we suggest vegetarian swaps to offer more options. The extra fibre of a more vegetable-based diet will help your good bacteria thrive – although, if you are not used to a higher fibre diet, you might want to adjust to it slowly at first. And don't forget to be generous with healthy, plant-based fats, such as olive oil.

Speedy pizza



PER SERVING | 221cals | PROTEIN 9g | FAT 11.5g | FIBRE 4.5g | CARBS 18.5g

SERVES 2

1 × 227g can chopped tomatoes (or ½ × 400g can)
1 tbsp tomato purée
½ tsp dried oregano, or a few roughly chopped fresh oregano leaves
1 wholemeal pitta bread (around 58g)
2 roasted red peppers from a jar (around 40g), drained and sliced
2 chestnut mushrooms (around 45g), very finely sliced
35g ready-grated mozzarella
1 tbsp extra-virgin olive oil

The perfect wholegrain pizza also happens to be the quickest! Serve with a large mixed salad.

1 Preheat the grill to a medium-hot setting.

2 To make the pizza topping, tip the tomatoes into a sieve and shake to remove the excess juice. (There's no need to press it.) Transfer the tomato pulp to a bowl and stir in the tomato purée and oregano. Season with a pinch of sea salt and lots of ground black pepper.

3 Lightly toast the pitta bread, just enough to warm it up, then place on a board and carefully cut the bread in half horizontally with a bread knife and separate the two oval pieces. Place them on a baking tray, cut side down.

4 Spread the pitta halves with the tomato sauce and top with the peppers, mushrooms and mozzarella. Drizzle with the olive oil and place under the grill for 4–5 minutes, or until the cheese has melted and the tomato topping, mushrooms and peppers are hot.

COOK'S TIPS

- Ready-grated mozzarella comes in bags and is great for making pizzas. Use for toppings and sauces and freeze any that you won't use up in a couple of days.
- For extra protein, anchovies or chorizo can be added, if you have spare calories (see page 240).

NON-FAST DAYS

Make using a whole pitta per serving and add pitted olives and a sprinkling of pine nuts. For a meat version, top the pizza with sliced salami or chorizo. Add a dressing to the salad.

Baked Camembert with pears and chicory

PER SERVING | 275cals | PROTEIN 15g | FAT 20g | FIBRE 3g | CARBS 10.5g

SERVES 4

1 × 250g round Camembert in a box
25g walnut or pecan halves
1 tsp runny honey
2 firm but ripe pears, cored and cut into wedges
2 red or white heads chicory, leaves separated, or assorted vegetable sticks
small handful fresh thyme leaves (optional)

A glorious way to serve Camembert, either as a hassle-free, low-carb lunch or as a dip for sharing.

1 Preheat the oven to 200°C/fan 180°C/Gas 6.

2 Take the Camembert out of its wooden box and remove the wrapping. Place on a board and, holding it on its side, carefully cut the top layer of rind off. Put back in the box, without any wrapping, rind side down. (Transfer to an ovenproof dish if cooking in a gas oven or if the cheese hasn't come packed in a wooden box.) Place on a small baking tray.

3 Roughly chop the nuts and sprinkle on top of the cheese. Drizzle the honey over – this will make the nuts lovely and crunchy – and season with lots of ground black pepper. Bake uncovered for about 15 minutes, or until the cheese is melted and gooey.

4 Serve the melted cheese on a platter with the thyme scattered over the top, surrounded with the pear and chicory or vegetable sticks.

NON-FAST DAYS

Serve as a starter instead of a main meal.

Spicy bean chilli

PER SERVING | 346cals | PROTEIN 18g | FAT 17g | FIBRE 10g | CARBS 26g

SERVES 4

2 tbsp olive oil
1 medium onion, peeled and thinly sliced
1–1½ tsp hot smoked paprika (to taste)
1 tsp ground cumin
1 tsp ground coriander
1 × 400g can chopped tomatoes
1 × 400g can black beans or red kidney beans, drained
1 × 400g can mixed beans, drained
300ml vegetable stock (made with 1 stock cube)
1 tbsp tomato purée
1 tsp dried oregano or mixed dried herbs
75g mature Cheddar, grated
100g full-fat live Greek yoghurt

A rich, spicy chilli made with a mixture of different beans to give you plenty of fibre and slow-release complex carbs. Your microbiome will love it, too. Serve with a large mixed salad.

1 Heat the oil in a large, deep, non-stick frying pan, wide-based saucepan or shallow flame-proof casserole, and gently fry the onion for 3–4 minutes, or until softened, stirring frequently.

2 Add the smoked paprika, cumin and coriander and cook for a few seconds, stirring.

3 Add the tomatoes, beans, vegetable stock, tomato purée and dried herbs, season with sea salt and lots of ground black pepper and bring to a simmer. Cover loosely with a lid and cook for 15–20 minutes, or until the sauce has reduced and thickened, stirring occasionally.

4 Serve topped with the Cheddar and generous spoonfuls of Greek yoghurt.

COOK'S TIPS

- If you have IBS, you might need to reduce the bean portions or skip this recipe.
- For extra depth of flavour, add a tablespoon of cocoa powder (11cals per serving) along with the dried herbs.

NON-FAST DAYS

Serve with brown rice and top with sliced avocado. Drizzle the salad with our Simple salad dressing (see page 241), or a splash of balsamic vinegar and glug of olive oil.

Dan's veggie Bolognese

PER SERVING | 207cals | PROTEIN 12.5g | FAT 8.5g | FIBRE 8g | CARBS 16g

SERVES 4

1 red pepper, deseeded and cut into roughly 2cm chunks
1 medium carrot, trimmed and cut into roughly 1.5cm chunks
3 tbsp olive oil
2 medium onions, peeled and finely chopped
2 sticks celery, trimmed and thinly sliced
150g small chestnut mushrooms, sliced
300g frozen Quorn mince
75g dried red split lentils
1 large garlic clove, peeled and crushed
2 × 400g cans chopped tomatoes
1 tsp dried oregano
1 vegetable stock cube

This Bolognese tastes really rich but is surprisingly low in calories. It was cooked for us by our son Dan and has become a favourite. By baking the vegetables first, their flavour and texture is deliciously enhanced. Serve with freshly cooked courgetti (see page 242).

1 Preheat the oven to 220°C/fan 200°C/Gas 7.

2 Place the pepper and carrot on a baking tray and drizzle with 1 tablespoon of the olive oil. Season with sea salt and ground black pepper and toss lightly. Bake for 15–20 minutes, or until softened and lightly browned.

3 Meanwhile, heat the remaining oil in a deep frying pan or shallow flame-proof casserole and gently fry the onions, celery and mushrooms for 10 minutes, stirring regularly.

4 Add the Quorn mince, lentils and garlic, and cook for 2 minutes more, stirring.

5 Tip the tomatoes into the pan, sprinkle with the oregano and crumble over the stock cube. Add 300ml water, bring to a simmer and cook for 5 minutes, stirring occasionally.

6 Remove the tray from the oven and transfer the roasted vegetables to the pan. Return to a gentle simmer and cook for a further 15 minutes, or until the sauce is thick, stirring regularly. Adjust the seasoning to taste.

COOK'S TIP

Sprinkle each portion with 10g freshly grated Parmesan for an extra 41cals per serving.

5:2

NON-FAST DAYS

Serve with wholewheat spaghetti, allowing roughly 60g dried pasta per person. Sprinkle with grated Parmesan and serve with a large, lightly dressed mixed leaf and avocado salad. Try pea, bean or lentil pasta for a gluten-free alternative.

Mushroom and vegetable biryani

PER SERVING | 322cals | PROTEIN 16g | FAT 16.5g | FIBRE 7g | CARBS 24.5g

SERVES 4

2 tbsp olive oil
1 medium onion, peeled and thinly sliced
200g chestnut mushrooms, thinly sliced
4 medium eggs, fridge cold
2 tbsp medium Indian curry paste, such as tikka masala or rogan josh
400g pack frozen mixed vegetables, such as peas, broccoli, carrots and cauliflower
200ml vegetable stock (made with 1 stock cube)
250g pouch ready-cooked brown/wholegrain rice
25g flaked almonds, toasted (see page 18)
handful fresh coriander, leaves roughly chopped

A filling, meat-free, midweek meal. We love mushrooms – leave them in the sunlight and they produce even more vitamin D. Choose a good-quality curry paste from the World Foods section of the supermarket; it will keep for several weeks in the fridge.

1 Heat the oil in a large, non-stick, wide-based saucepan or shallow flame-proof casserole over a medium–high heat, and fry the onion and mushrooms for 5–6 minutes, stirring regularly, until lightly browned.

2 Half fill a pan with water and bring to the boil. Add the eggs and return to the boil. Cook for 9 minutes. Drain the eggs and rinse under cold water until they are cool enough to handle. Peel and cut into quarters.

3 Stir the curry paste into the pan with the onion and mushrooms and cook for 1 minute, stirring. Add the frozen vegetables and stock. Bring the liquid to a simmer and cook for 5 minutes, or until the vegetables are tender, stirring regularly.

4 Add the rice to the curried vegetables and cook for about 3 minutes more, or until steaming hot, stirring regularly.

5 Place the eggs on top and heat through without stirring for 1–2 minutes. Sprinkle with the almonds and coriander to serve.

COOK'S TIP

For a non-veggie alternative, slice 2 chicken breasts and fry with the onion and mushrooms in step 1 (add an extra 80cals per serving).

NON-FAST DAYS
Increase the portion size.

Creamy cashew and tofu curry

PER SERVING | 598cals | PROTEIN 20g | FAT 43.5g | FIBRE 10.5g | CARBS 26g

SERVES 4

2 tbsp coconut or rapeseed oil
1 medium aubergine (around 225g), cut into roughly 2cm chunks
1 medium red onion, peeled and cut into 12 wedges
350g butternut squash, peeled, deseeded and cut into roughly 2cm chunks
4 tbsp Thai red or green curry paste
1 × 400ml can full-fat coconut milk
100g cashew nuts, roughly chopped
1 large pepper (any colour), deseeded and cut into roughly 2cm chunks
20g fresh coriander, leaves roughly chopped
280g firm, or extra-firm tofu, drained, cut into roughly 2cm cubes
300g cauliflower rice (see page 242; optional)

Thai-style curries always seem to go down well and this one is low on carbs and high in flavour. If you don't like tofu, try Quorn pieces instead. Please note, some curry pastes contain fish sauce.

1 Heat 1 tablespoon of the oil in a large pan or shallow casserole over a high heat. Add the aubergine and stir-fry for 4–5 minutes, until golden brown. Transfer to a bowl.

2 Reduce the heat, add the remaining oil, onion and squash to the pan and fry gently for 5 minutes, stirring regularly. Add the curry paste and cook for 1 minute, stirring constantly.

3 Stir in the coconut milk, half the nuts, the pepper and 100ml water. Season with sea salt and ground black pepper. Cover the pan loosely with a lid, bring to a gentle simmer and cook for 10 minutes, stirring occasionally.

4 Stir the aubergine and half the coriander into the pan and return to a simmer. Add the tofu, cover and cook for a further 5–6 minutes, until the aubergine is softened and the tofu hot. Add a splash more water if the curry reduces too much.

5 Sprinkle with the reserved coriander and cashew nuts, and serve with freshly cooked cauliflower rice, if using.

NON-FAST DAYS

Serve with a small portion of brown rice or wholewheat noodles.

Mushroom and chestnut hot pot

PER SERVING | 212cals | PROTEIN 5.5g | FAT 7.5g | FIBRE 5g | CARBS 24g

SERVES 4

15g dried mixed mushrooms
2 tbsp olive or rapeseed oil
1 medium onion, peeled and thinly sliced
400g mixed mushrooms, such as chestnut, shiitake and Portobello, sliced (or halved if small)
2 garlic cloves, peeled and crushed
1 vegetable stock cube
180g cooked and peeled chestnuts
100ml red wine (or water)
2 tbsp tomato purée
1 tbsp fresh thyme leaves (or 1 tsp dried thyme)
2 bay leaves
4 tsp cornflour

You'll find dried mushrooms with the stock cubes or in the speciality section of the supermarket. They add a depth of flavour that makes this dish particularly rich and delicious. Serve with lots of freshly cooked leafy greens, kale or shredded Savoy cabbage.

1 Place the dried mushrooms in a measuring jug and cover with 500ml just-boiled water from a kettle. Stir and leave to stand for 15 minutes.

2 Heat the oil in a flame-proof casserole and gently fry the onion and fresh mushrooms for 6–8 minutes, or until the onion is softened and the mushrooms lightly browned. Add the garlic and cook for a few seconds more, stirring.

3 Stir in the soaked mushrooms and their liquor, avoiding any deposits that may have settled at the bottom of the jug. Add the stock cube and stir in the chestnuts, wine or water, tomato purée, thyme and bay leaves. Season with sea salt and ground black pepper. Bring to a simmer, cover the pan loosely and cook for about 12 minutes, stirring occasionally.

4 Mix the cornflour with 2 tablespoons cold water to form a thin paste, then stir into the mushroom mixture. Cook for a further 1–2 minutes, stirring constantly, until the sauce is thickened and glossy.

- If you have time, top the finished dish with 200g peeled and very thinly sliced celeriac. Cover and bake at 200°C/fan 180°C/Gas 6 for 20 minutes. Remove the lid and cook for a further 10 minutes, or until the celeriac is tender and lightly browned (this will add 14cals per serving).
- For days when you need more protein and fewer carbs, you could swap some of the chestnuts for walnuts.

NON-FAST DAYS
Top with roughly chopped nuts and serve with brown rice, quinoa or swede mash (see page 180).

Garlic and herb stuffed mushrooms

PER SERVING | 232cals | PROTEIN 8.5g | FAT 16.5g | FIBRE 1g | CARBS 11.5g

SERVES 2

1 tbsp olive oil, plus extra for greasing
4 large, flat mushrooms (around 250g; such as Portobello)
25g wholegrain breadcrumbs
25g ground almonds
10g Parmesan, finely grated
85g medium-fat garlic and herb soft cheese (such as Philadelphia)
small handful fresh thyme leaves (optional)

A lovely light lunch or supper. Mushrooms are low in starchy carbs and have been found to reduce the risk of cognitive decline. Serve with a generous mixed leaf salad, drizzled with a little balsamic vinegar.

1 Preheat the oven to 200°C/fan 180°C/Gas 6 and lightly grease a small baking tray.

2 Twist the stalk out of each mushroom and place the mushrooms, dark-side up, on the tray.

3 Mix the breadcrumbs with the almonds and Parmesan in a small bowl and season with sea salt and lots of ground black pepper. Using half the breadcrumbs, sprinkle some into each mushroom then dot with small pieces of the cheese. Top with the remaining breadcrumbs. Drizzle with the oil and bake for about 12–15 minutes, or until the crumbs are crisp.

4 Divide the mushrooms between two plates, sprinkle with fresh thyme, if using, and serve.

COOK'S TIP

To make your own crumbs, simply blitz some wholegrain bread in a food processor. Any extra can be frozen for another time.

NON-FAST DAYS

Increase the portion size. Sprinkle the mushrooms with a couple of tablespoons of flaked almonds before baking. Drizzle with olive oil to serve.

Pesto lentils

PER SERVING | 331cals | PROTEIN 14.5g | FAT 18g | FIBRE 9g | CARBS 24g

SERVES 2

1 tbsp olive oil
½ medium onion, peeled and finely chopped
1 yellow or red pepper, deseeded and cut into roughly 2cm chunks
½ medium courgette, cut into roughly 2cm chunks
2 medium tomatoes, roughly chopped
1 × 400g can lentils (any variety), drained
½ vegetable stock cube
2 tbsp basil pesto
20g Parmesan, finely grated

Canned lentils are versatile, cheap and convenient. Cooked up with fresh veg and pesto, they make a brilliant quick meal that's packed with fibre and contains a good protein hit. Serve with a mixed salad.

1 Heat the oil in a large non-stick frying pan and gently fry the onion, pepper and courgette for 5 minutes, or until softened and beginning to brown, stirring regularly.

2 Add the tomatoes and cook for 2–3 minutes, or until the tomatoes are softened, stirring constantly.

3 Add the lentils, crumbled stock cube and 2–3 tablespoons water. Stir in the pesto and season with lots of ground black pepper. Cook for 2–3 minutes more, or until the lentils are hot, stirring constantly.

4 Remove from the heat and sprinkle with the cheese to serve.

COOK'S TIP

For a zingier dish, use fresh basil pesto (found in tubs in the chilled cabinet at the supermarket). It keeps for several days in the fridge and can be frozen, too.

NON-FAST DAYS

Add some warmed wholemeal pitta bread and extra grated cheese.

Spicy bean burgers

PER SERVING | 411cals | PROTEIN 19g | FAT 22.5g | FIBRE 11.5g | CARBS 28g

SERVES 4

1½ tbsp olive oil, plus extra for greasing
1 small red onion (around 120g), peeled and finely chopped
2 garlic cloves, peeled and crushed
25g ground almonds
1 medium egg yolk
2 tbsp chipotle or harissa paste
1 × 400g can red kidney beans, drained and rinsed
1 × 400g can chickpeas, drained and rinsed
75g mixed nuts, roughly chopped
25g fresh coriander, leaves finely chopped
4 tomatoes, sliced
½ small red onion, peeled and finely sliced
100g full-fat live Greek yoghurt
lime wedges, to serve

These simple burgers are full of flavour. Prepare the whole batch and you'll have some ready in the freezer for another day. Serve with a large mixed salad.

1 Preheat the oven to 200˚C/fan 180˚C/Gas 6. Grease a baking tray with a little oil.

2 Heat 1 tablespoon of the oil in a large non-stick frying pan and gently fry the chopped onion for 3–4 minutes, or until soft, stirring occasionally. Add the garlic and cook for a few seconds more, stirring.

3 Place the almonds, egg yolk, chipotle or harissa paste, and roughly half the chickpeas and half the kidney beans in a food processor and add the fried onion and garlic. Season well with sea salt and lots of ground black pepper. Blitz until well combined but not totally smooth.

4 Add the remaining beans, the nuts and fresh coriander and pulse a few times until combined but with plenty of texture. Form the mixture into four burgers.

5 Place the burgers on the prepared tray and brush with the remaining oil. Bake for 25 minutes, or until lightly browned and hot throughout. Serve one burger per person, topped with sliced tomato, red onion, the remaining coriander and spoonfuls of yoghurt, with lime wedges on the side for squeezing over.

COOK'S TIPS

★ If you can't find chipotle or harissa, use 1 teaspoon each of ground cumin, ground coriander and hot smoked paprika.

★ You can freeze the cooked burgers wrapped tightly in foil for up to 3 months. Reheat on a lightly oiled baking tray at 200°C/fan 180°C/Gas 6 from frozen for about 15 minutes, or until hot throughout.

NON-FAST DAYS

Top the burgers with mashed avocado and toss the salad in our Simple salad dressing (see page 241).

Curried mince and peas

PER SERVING | 292cals | PROTEIN 22g | FAT 9g | FIBRE 12g | CARBS 25g

SERVES 4

2 tbsp olive or rapeseed oil
1 large onion, peeled and finely sliced
300g frozen Quorn mince
2 garlic cloves, peeled and crushed
20g fresh root ginger, peeled and finely chopped
1½–2 tbsp medium curry powder or medium curry paste
75g dried red split lentils
1 vegetable stock cube
225g frozen spinach
200g frozen peas or a mixture of peas and beans

A very satisfying, meat-free curry that can be largely cooked from the store cupboard and freezer, and takes less than 30 minutes. Serve with freshly cooked cauliflower rice (see page 242).

1 Heat the oil in a wide-based saucepan or shallow flame-proof casserole and gently fry the onion for 5 minutes, or until softened and lightly browned, stirring regularly.

2 Add the Quorn mince, garlic and ginger and cook for a further 1 minute. Sprinkle in the curry powder, season with sea salt and ground black pepper, and cook for a few seconds more, stirring constantly.

3 Add the lentils, crumble over the stock cube and stir in 800ml water, along with the spinach. Bring the liquid to a simmer. Cover loosely with a

lid and cook for 15–20 minutes, stirring regularly, especially towards the end of the cooking time. Simmer uncovered for a little longer, if necessary, to reduce the liquid.

4 Add the peas and cook for 3–5 minutes more, or until the lentils are tender and the peas are hot.

COOK'S TIP

The Quorn will continue to absorb the stock as it cools, so you may need to add extra water if reheating. For a non-veggie version, cook 500g turkey mince with 2% fat instead of the Quorn, adding 170cals per serving.

NON-FAST DAYS

Serve with brown basmati rice and scatter with a handful of toasted cashew nuts.

Falafel with harissa vegetables

PER SERVING | 358cals | PROTEIN 13g | FAT 19g | FIBRE 9g | CARBS 28.5g

SERVES 3

1 × 400g can chickpeas, drained and rinsed
25g flaked almonds
25g wholemeal flour
2 garlic cloves, peeled and crushed
20g fresh coriander, leaves roughly chopped, plus extra to serve
1 tsp ground cumin
finely grated zest ½ small lemon, plus wedges for squeezing
1 medium egg yolk
½ tsp flaked sea salt
4 tbsp full-fat live Greek yoghurt
1 tbsp extra-virgin olive oil

For the harissa vegetables
1 tbsp harissa paste
1 tbsp extra-virgin olive oil
1 red onion, peeled and cut into 12 wedges
2 peppers (1 red and 1 yellow), deseeded and cut into roughly 2cm chunks
1 courgette, trimmed, halved lengthways and cut into roughly 2cm chunks

This versatile, one-pan dish makes a hearty supper and can be cooled and served as a packed lunch, too.

1 Preheat the oven to 220°C/fan 200°C/Gas 7. Line a baking tray with non-stick baking paper.

2 Place the chickpeas, almonds, flour, garlic, fresh coriander, cumin, lemon zest, egg yolk, salt and lots of ground black pepper in a food processor. Blitz on the pulse setting to a thick, slightly textured purée. Form the mixture into 12 balls and flatten slightly.

3 To make the vegetables, mix the harissa paste with the olive oil in a large bowl and add the onion, peppers and courgette. Toss well together. Season with sea salt and lots of freshly ground black pepper then scatter over the baking tray. Nestle the falafel amongst the vegetables, drizzle them with the oil and bake for 15 minutes.

4 Remove from the oven, turn the vegetables and falafel over and return for a further 5 minutes, or until the vegetables are tender and lightly browned.

5 Mix the yoghurt with around 1 tablespoon cold water to loosen, stir in some finely chopped fresh coriander, then drizzle over the vegetables. Serve with lemon wedges for squeezing.

COOK'S TIPS

- Each falafel contain 66cals and the vegetables cooked separately contain 92cals per serving.
- Use gram flour or gluten-free buckwheat instead of wholemeal flour for a gluten-free alternative.
- For extra protein on meat-free days, scatter 25g flaked almonds over the falafel and vegetables for the last 5 minutes of the cooking time.

5:2

NON-FAST DAYS

Serve with quinoa or bulgur wheat, or add butternut squash to the other vegetables.

Roasted vegetable pasta with mozzarella

PER SERVING | 460cals | PROTEIN 20g | FAT 26g | FIBRE 10.5g | CARBS 32g

SERVES 2

2 peppers (any colour), deseeded and cut into roughly 2cm chunks
1 medium courgette, trimmed, quartered lengthways and cut into roughly 2cm chunks
1 large red onion, peeled and cut into 12 wedges
2 tbsp olive oil
12 cherry tomatoes, halved
½ tsp crushed dried chilli flakes (to taste)
50g dried bean, pea, lentil or wholewheat penne pasta
50g young spinach leaves
125g mozzarella pearls (mini balls), drained and halved

A comforting, rich dish that's a doddle to prepare. It is best cooked with bean, pea or lentil pasta, which is higher in both protein and fibre and is available in most supermarkets.

1 Preheat the oven to 200˚C/fan 180˚C/Gas 6.

2 Place the peppers, courgette and onion in a large baking tray. Drizzle with the oil, season with sea salt and lots of ground black pepper and toss together. Roast for 20 minutes.

3 Remove from the oven and turn all the vegetables. Add the tomatoes and sprinkle with the chilli flakes. Cook for a further 10 minutes, or until lightly browned.

4 Meanwhile, half fill a medium saucepan with water and bring to the boil. Add the pasta and stir. Return to the boil and cook for about 10–12 minutes, or until tender, stirring occasionally. Drain the pasta and return to the pan.

5 Add the spinach, roasted vegetables and mozzarella pearls to the pan, toss everything together and season with more ground black pepper. Cook for about 1 minute, stirring until the mozzarella begins to melt and the spinach wilts.

COOK'S TIP

★ To reduce the sugars released when eating a starchy food like pasta by up to 50%, try the cook-cool-cook method (see page 243).

5:2

NON-FAST DAYS

Sprinkle 25g lightly toasted pine nuts or walnuts over the pasta and serve with freshly grated Parmesan and a large mixed salad, tossed with our Simple salad dressing (see page 241).

Chickpea and pistachio pot

PER SERVING | 397cals | PROTEIN 20g | FAT 17.5g | FIBRE 18g | CARBS 31g

SERVES 4

1 tbsp olive oil
1 large onion, peeled and finely sliced
2 garlic cloves, peeled and crushed
2 medium carrots (around 200g), trimmed and cut into roughly 5mm slices
1 × 400g can chopped tomatoes
2 × 400g cans chickpeas, drained
2 tbsp harissa paste
1 vegetable stock cube
100g pistachio nuts
1 tsp dried mixed herbs
2 slender leeks, trimmed and cut into around 1cm slices
100g fine green beans, trimmed and cut in half
20g bunch fresh coriander, leaves chopped
finely grated zest ½ orange

A golden vegetable stew with a tangy orange and nut topping. Serve with leafy greens.

1 Heat the oil in a large non-stick saucepan or flameproof casserole and gently fry the onion for 5 minutes, or until softened and lightly browned, stirring occasionally. Add the garlic and cook for a few seconds more.

2 Stir in the carrots, tomatoes, chickpeas and harissa. Add 450ml water and crumble over the stock cube. Tip in half the nuts and the dried herbs, season

with a little sea salt and lots of ground black pepper and stir well. Bring to a gentle simmer and cook for 10 minutes, stirring occasionally.

3 Add the sliced leeks, green beans and half the coriander and cook for 5–10 minutes more, or until all the vegetables are tender and the sauce has thickened slightly, stirring regularly.

4 Roughly chop the remaining nuts and mix with the remaining coriander and the orange zest.

5 Spoon the vegetables into a warm serving dish and sprinkle the nut mixture over the top.

NON-FAST DAYS

Increase the portion size and drizzle liberally with olive oil. Serve with a small portion of quinoa or mixed brown and wild rice.

Ratatouille and halloumi bake

PER SERVING | 321cals | PROTEIN 16g | FAT 22g | FIBRE 5g | CARBS 12g

SERVES 4

2 peppers (1 red and 1 yellow), deseeded and cut into roughly 2cm chunks
1 medium aubergine (around 250g), cut into roughly 2cm chunks
1 medium onion, peeled and cut into 12 wedges
3 tbsp olive oil
2 garlic cloves, peeled and crushed
handful fresh basil leaves (around 10g), thinly sliced, plus extra to serve
1 × 400g can chopped tomatoes with herbs
225g block halloumi cheese, cut into 8 slices

This ratatouille is wonderfully versatile, delicious served warm or cold. It can be easily reheated in the microwave, so also makes a handy packed lunch. Serve with a large leafy salad.

1 Preheat the oven to 220°C/fan 200°C/Gas 7.

2 Place the peppers, aubergine and onion in a bowl, add 2 tablespoons of the olive oil and season with sea salt and ground black pepper. Toss everything together well then scatter into a shallow baking dish and bake for 25 minutes.

3 Remove the dish from the oven, turn the vegetables, then cook for a further 5–10 minutes, or until well softened and lightly browned.

4 Remove the dish from the oven, stir in the garlic, basil and tomatoes, arrange the halloumi on top, drizzle with the remaining oil, season with more ground black pepper and return to the oven for a further 15 minutes, or until the halloumi is hot and lightly browned.

5 Scatter with more fresh basil to serve.

COOK'S TIP

If you don't have canned tomatoes with added herbs, simply stir ½ teaspoon dried oregano through the tomatoes before adding to the vegetables.

NON-FAST DAYS

Add a 400g can of drained and rinsed cannellini beans to the ratatouille at the same time as the tomatoes. Drizzle the halloumi and vegetables generously with olive oil when you serve.

Nut, red pepper and quinoa roast

PER SERVING | 330cals | PROTEIN 13g | FAT 19.5g | FIBRE 4g | CARBS 24g

SERVES 6

1 tbsp olive oil, plus extra for greasing
100g quinoa (ideally a mix of white, black and red)
1 medium onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
1 vegetable stock cube
150g mixed nuts, roughly chopped
180g cooked and peeled chestnuts
2 small carrots, trimmed and coarsely grated (about 100g prepared weight)
2 medium eggs, beaten
finely grated zest 1 lemon
20g fresh parsley, leaves finely chopped
150g roasted peppers from a jar, drained well

Nut roast has come of age. This one is surprisingly easy to make. Serve warm with vegetables or cold with salad.

1 Preheat the oven to 190°C/fan 170°C/Gas 5. Grease and line the base of a 900g loaf tin with non-stick baking paper.

2 Half fill a pan with water and bring to the boil. Add the quinoa, stir well and return to the boil. Cook for 12–15 minutes, or until tender. Drain very well. (You should end up with 250g cooked quinoa.)

3 Meanwhile, heat the oil in a large non-stick frying pan and gently fry the onion for 5 minutes or until softened. Add the garlic and crumbled stock

cube and cook for a few seconds more, squashing the stock cube with a wooden spoon. Tip in the nuts and cook together for 3 minutes, stirring regularly.

4 Place the chestnuts in a large bowl and roughly mash with a potato masher. Add the onion and nut mixture, the cooked quinoa, carrot, beaten eggs, lemon zest and parsley. Season well with sea salt and ground black pepper and mix well.

5 Spoon half the mixture into the tin. Smooth and flatten with the back of a spoon. Arrange the roasted peppers on top, then cover with the remaining nut roast mixture. Press down firmly – this will make it easier to slice when cooked. Cover the tin with foil and bake for 20 minutes.

6 Remove the foil and bake for a further 15 minutes, or until lightly browned and set.

7 Cool in the tin for 5 minutes before turning it out on to a board. Cut into thick slices to serve.

NON-FAST DAYS
Enjoy a larger portion with a well-dressed salad.

Leek and goat's cheese barley risotto

PER SERVING | 306cals | PROTEIN 14g | FAT 14g | FIBRE 3g | CARBS 29g

SERVES 4

1 tbsp olive oil
1 medium onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
120g pearl barley
1 bay leaf
1 vegetable stock cube
2 medium leeks (around 375g), trimmed and cut into roughly 5mm slices
50g Parmesan, finely grated
100g goat's cheese, rind removed if you prefer
fresh thyme leaves, to serve (optional)

The pearl barley adds a wonderful nutty taste and creamy texture to this risotto. Serve with freshly cooked long-stemmed broccoli or kale.

1 Heat the oil in a large non-stick saucepan and gently fry the onion for 3–5 minutes, or until softened and lightly browned, stirring regularly. Add the garlic and cook for a few seconds more.

2 Add the pearl barley and bay leaf. Crumble over the stock cube, add 900ml cold water, cover loosely and bring to the boil.

3 Reduce the heat to a gentle simmer and cook for 40–50 minutes, or until tender, stirring occasionally. Add extra water if the barley absorbs more than expected. It should be nice and saucy.

4 Add the sliced leeks and cook for 5 minutes more, or until tender, then stir in the Parmesan and season to taste with sea salt and lots of ground black pepper.

5 Spoon the risotto on to warmed plates or bowls and crumble the goat's cheese on top. Sprinkle with thyme leaves, if using, to serve.

COOK'S TIP

Look out for quick-cook barley, or a mixture of quick-cook barley and other grains; this will only take around 20 minutes to cook but you'll need to reduce the amount of water in the recipe.

NON-FAST DAYS
Increase the portion size.

Occasional Treats

In our household, there is no such thing as willpower – Michael has been spotted gouging cheesecake straight out of the freezer with a spoon. The emphasis here is on the word 'occasional' – these are treats for enjoyment every now and then, preferably straight after a meal. We recommend that if there are leftovers from these recipes, you divide them into portions and freeze them. Most of the cakes have a healthy vegetable base and use ground almonds or wholemeal flour (instead of white or brown). They are not light and fluffy like a Victoria sponge, but we hope you enjoy the firmer texture. As you retrain your tastebuds, you will find them increasingly satisfying.

Cinnamon apple crisps

PER SERVING | 81cals | PROTEIN 0.6g | FAT 3.5g | FIBRE 1g | CARBS 11g

SERVES 2

2 tsp coconut oil
½ tsp ground cinnamon
1 large red-skinned apple (around 200g)

These moreish snacks contain lots of healthy soluble fibre. Best eaten as a little treat after a meal.

1 Preheat the oven to 130°C/fan 110°C/Gas ½. Line a large baking tray with non-stick baking paper.

2 Melt the coconut oil in a small saucepan with the cinnamon over a low heat and set aside.

3 Top, tail and core the apple. Finely slice into discs just 3–4mm thick.

4 Brush the cinnamon oil all over the apple slices, then place in a single layer on the baking tray. Bake for 1½ hours, or until very dry and quite crisp.

5 Switch off the oven and leave the apples to dehydrate further for 2–3 hours.

6 Divide between two people to serve.

COOK'S TIP

If you are making these in larger quantities, store any uneaten apple crisps in a lidded container and eat within a couple of days.

NON-FAST DAYS

Enjoy the crisps dipped in full-fat yoghurt.

Orange and almond loaf

PER SERVING | 326cals | PROTEIN 12g | FAT 24g | FIBRE 1.5g | CARBS 14.5g

SERVES 10

2 medium oranges (each around 150g), well washed
8 soft pitted dates
4 tbsp olive oil
4 medium eggs
300g ground almonds
1½ tsp baking powder
15g flaked almonds

An irresistible, tangy cake. Amazingly, it's cooked using whole oranges with no need to peel them. Serve warm in thin slices.

1 Prick each of the oranges 20 times with the tip of a knife and place in a microwave-proof bowl. Cover with a plate and microwave on high for 10 minutes, or until very soft.

2 Preheat the oven to 190°C/fan 170°C/Gas 5. Line the base and sides of a 900g loaf tin with non-stick baking paper.

3 Leave the oranges until cool enough to handle, then cut in half and remove any seeds. Place the oranges and dates in a food processor, add the olive oil and eggs and blitz until thoroughly blended.

4 Add the ground almonds, baking powder and 4 tablespoons water and blend again to a thick batter. Pour into the prepared tin, spreading to the

sides. Sprinkle with the flaked almonds and bake for 40–45 minutes, or until risen, golden brown and firm to the touch.

5 Cool in the tin for 30 minutes, then turn out and cut into thin slices to serve.

COOK'S TIPS

- If you don't have a microwave, gently simmer the oranges in a loosely covered saucepan of water, without pricking, for 50–60 minutes instead. Top up with water when needed.
- Keep the loaf wrapped tightly in foil, or save extra slices in the freezer. You can warm them in the microwave before eating, if you like.

NON-FAST DAYS

Serve thicker slices or top with a berry compote and dollops of crème fraîche for a gorgeous dessert.

Ginger and parsnip traybake

PER SERVING | 151cals | PROTEIN 3g | FAT 11g | FIBRE 2g | CARBS 9g

SERVES 16

150g coconut oil, plus extra for greasing
3 large eggs
50g soft pitted dates, halved
4 tsp ground ginger
1 tsp ground cardamom or cinnamon
1 tsp ground nutmeg
1 tsp vanilla extract
250g parsnips (about 2 medium), peeled and coarsely grated
100g wholemeal plain flour
2 tsp baking powder
2 stem ginger balls (around 30g), drained and cut into roughly 1cm chunks

This traybake is moist, with delicious bursts of sweet ginger. And no one would guess that it contains parsnips!

1 Preheat the oven to 190°C/fan 170°C/Gas 5. Grease and line the base and sides of a 20cm loose-based square cake tin with non-stick baking paper.

2 Place the eggs, coconut oil or butter, dates, ground ginger, cardamom or cinnamon, nutmeg and vanilla in a food processor and blitz until well combined.

3 Add the parsnips, flour and baking powder and blitz again on the pulse setting until the mixture comes together and forms a soft batter.

4 Spoon into the prepared tin, spreading to the sides. Dot with the chunks of stem ginger and press into the batter lightly. Bake for 40–45 minutes, or until slightly risen and golden brown.

5 Leave the cake to cool in the tin for 10 minutes, then transfer to a wire rack.

6 Cut into 16 squares and serve warm or cold.

★ There is no need to buy expensive dates for this recipe, the cheaper ones found in the baking aisle will work fine.
★ Wrap tightly in foil and freeze portions for another day.

NON-FAST DAYS
Enjoy a larger portion.

Mango and passion fruit pots

PER SERVING | 207cals | PROTEIN 3g | FAT 16g | FIBRE 3.5g | CARBS 11g

SERVES 4

10g unsweetened desiccated coconut
2 passion fruit, halved
1 small ripe mango (around 300g), peeled, stoned and diced
finely grated zest ½ small lime (optional)
300g coconut milk yoghurt, well chilled

A luscious, tropical-tasting dessert.

1 Place the coconut in a small saucepan and toast over a medium heat for 2–3 minutes, stirring regularly. Leave to cool.

2 Use a teaspoon to scoop the passion fruit out of the shells and place in a bowl. Add the mango and lime zest, if using, and stir well.

3 Divide the mango and passion fruit between four glass tumblers or dessert dishes, saving a little for decoration. Top with the yoghurt, then finish with the toasted coconut and reserved mango mixture.

Make these with full-fat live Greek yoghurt, if you prefer, for 168cals per pot.

5:2

NON-FAST DAYS

Toast some mixed nuts with the coconut in step 1 to make a richer topping.

Seared peaches with yoghurt and pistachios

PER SERVING | 130cals | PROTEIN 6g | FAT 5.5g | FIBRE 3g | CARBS 12g

SERVES 4

1 tsp olive or rapeseed oil
4 firm but ripe peaches or nectarines, halved and stoned
150g full-fat live Greek yoghurt
25g unsalted pistachio nuts, roughly chopped

A simple fruit dessert that also works beautifully as a summery breakfast.

1 Place a large griddle pan over a medium–high heat and brush with the oil.

2 Place the peaches on the griddle, cut-side down, and cook, without moving, for about 3 minutes, or until hot and marked with griddle lines.

3 Serve with the yoghurt and a sprinkling of nuts.

COOK'S TIPS

★ If you don't have a griddle pan, grill the peaches instead, or cook in a lightly oiled frying pan.
★ If your peaches don't cut in half easily, cut into slices around the stone instead.

NON-FAST DAYS

Enjoy a larger portion.

Chocolate mug cake

PER SERVING | 216cals | PROTEIN 8g | FAT 17g | FIBRE 1g | CARBS 7.5g

SERVES 2

1 tbsp coconut oil
4 soft pitted dates (around 30g), finely chopped
1 medium egg, beaten well
25g ground almonds
7g cocoa powder (around 1 tbsp)
¼ tsp baking powder
1 square (around 5g) plain dark chocolate (around 85% cocoa solids)
handful fresh raspberries, to serve

You will need a microwave-proof mug (to hold around 300ml)

Try this for instant gooey-centred chocolate indulgence.

1 Place the coconut oil in the mug and melt in the microwave on high for a few seconds. Do not allow to overheat.

2 Add the dates, egg, almonds, cocoa powder, baking powder and a small pinch of flaked sea salt to the mug and, using a fork, mix the ingredients until thoroughly combined. Add an extra 1–2 teaspoons water to loosen the mixture, if needed.

3 Press the square of chocolate vertically into the top of the cake batter until submerged and microwave on high for about 1 minute, or until the cake is risen, firm and just beginning to shrink from the sides of the mug.

4 Holding the hot mug carefully, turn the cake out on to a plate and cut in half to reveal the melted chocolate. Divide between two plates and serve each half with a handful of fresh raspberries.

NON-FAST DAYS

Serve with a dollop of full-fat live Greek yoghurt.

Almond and raisin chocolate pennies

PER SERVING | 38cals | PROTEIN 0.5g | FAT 2g | FIBRE 0g | CARBS 4g

SERVES 20

100g plain dark chocolate (around 85% cocoa solids)
25g toasted flaked almonds (see page 18)
25g raisins

It's really worth finding dark chocolate with 85% cocoa solids for these tiny chocolate treats, which are full of beneficial polyphenols that your gut bugs will love. The almonds add some protein and crunch and the raisins bring sweetness and extra fibre.

1 Line a baking tray with non-stick baking paper.

2 Break the chocolate into squares and place in a heatproof bowl over a pan of gently simmering water, making sure the base of the bowl is not touching the surface of the water. Leave to melt slowly for about 5 minutes, stirring occasionally. Alternatively, microwave on high for 1–2 minutes, or until almost fully melted, then stir. Do not allow to overheat or the chocolate will stiffen or burn.

3 Carefully remove the hot bowl from the pan and, using a teaspoon, pour 20 individual spoonfuls of the melted chocolate on to the tray, spaced well apart.

4 Scatter the almonds and raisins on top of the melted chocolate. Leave to set for a few hours.

5 Using a knife, gently prise the pennies from the baking paper. Place in a lidded container and store for up to a week in a cool place.

COOK'S TIPS

- If you are toasting your own almonds, leave to cool before sprinkling over the melted chocolate.
- You can use dried cranberries instead of raisins, if you prefer, but look out for varieties containing less sugar.
- If you think you might be tempted to eat too many, make half a batch at a time.

NON-FAST DAYS
Enjoy a larger portion.

Byron Bay bars

PER SERVING | 170cals | PROTEIN 3g | FAT 12.5g | FIBRE 1.9g | CARBS 10g

MAKES 16

125g coconut oil
150g jumbo oats
100g toasted flaked almonds (see page 18)
25g flax seeds (linseeds)
75g dried cranberries, roughly chopped
2 medium egg whites
2 tsp vanilla extract

I came across a version of these in a café overlooking Main Beach in Byron Bay, Australia. A lovely, crunchy treat that will give you an energy boost and plenty of fibre. Unlike the shop-bought kind, these bars aren't overly sweet.

1 Preheat the oven to 200°C/fan 180°C/Gas 6. Line the base of a 20cm loose-based square cake tin with non-stick baking paper.

2 Melt the coconut oil in a saucepan over a low heat.

3 Remove from the heat and vigorously stir in the oats, almonds, flax seeds and cranberries and a pinch of sea salt.

4 Whisk the egg whites together until slightly frothy. Add to the oat mixture and mix well.

5 Spoon the mixture into the prepared tin and smooth the surface with the back of a spoon, pressing down well to compress all the ingredients. Bake for 15–18 minutes, or until lightly browned.

6 Leave to cool in the tin for at least 1 hour before cutting into slim bars.

COOK'S TIP

★ Freeze the bars in an airtight container, layering with non-stick baking paper. Thaw individual bars for about 1 hour.

NON-FAST DAYS

Enjoy a bar after lunch, or even for breakfast.

Fudgy chocolate bars

PER SERVING | 101cals | PROTEIN 3g | FAT 6.5g | FIBRE 1.5g | CARBS 7g

SERVES 20

150g mixed nuts, roughly chopped
150g soft pitted prunes, quartered
150g ready-to-eat dried apricots, quartered
25g cocoa powder
50g coconut oil (not melted)

Really rich no-bake bars that make a great alternative to sugary confectionery and contain plenty of fibre. An occasional indulgence, best eaten after a meal.

1 Line a 900g loaf tin with cling film, leaving plenty overhanging the sides.

2 Place the nuts in a food processor and blitz until finely chopped but not ground. Tip into a bowl. Add the prunes and apricots to the food processor and blend to a thick paste.

3 Return the nuts to the food processor and add the cocoa powder and coconut oil. Blend until the mixture forms a rough ball.

4 Spoon into the prepared tin, spreading to the sides. Cover the top of the chocolate mixture with the overhanging cling film. Place in the freezer for 1 hour, or until solid.

5 Remove from the freezer, unwrap and place on a board. Cut into 20 × roughly 1cm bars. Store in a lidded container, layering with sheets of baking paper so the bars don't stick together. Keep in the fridge for up to 2 weeks, or in the freezer for 2 months.

COOK'S TIP

★ If you have a large food processor, you can add all the ingredients at the same time instead of in batches.

NON-FAST DAYS

Serve with a dollop of full-fat yoghurt or crème fraîche.

Strawberry and vanilla yoghurt

PER SERVING | 123cals | PROTEIN 4.5g | FAT 8g | FIBRE 2.5g | CARBS 7g

SERVES 4

250g fresh strawberries, hulled and halved
300g full-fat live Greek yoghurt
½ tsp vanilla extract

A super-easy yoghurt that makes a great dessert or breakfast. Strawberries have a natural sweetness but are surprisingly low in sugar.

1 Place the strawberries in a mixing bowl and mash to crush the berries and release their juices.

2 Mix the yoghurt and vanilla in a separate bowl, then lightly fold in the strawberries.

3 Divide between small dishes or glasses and keep chilled.

★ You can use frozen strawberries or mixed berries for this recipe, just make sure they are well thawed and drained before you mash them.

NON-FAST DAYS
Enjoy with an extra portion of strawberries.

Chocolate beetroot brownies

PER SERVING | 128cals | PROTEIN 3g | FAT 8g | FIBRE 1.5g | CARBS 10.5g

SERVES 20

100g coconut oil, plus extra for greasing
275g cooked beetroot, drained and cut into small chunks
3 large eggs
60g cocoa powder
100g soft pitted dates
100g wholemeal self-raising flour
1 tsp ground cinnamon
1 tsp bicarbonate of soda
75g plain dark chocolate (around 85% cocoa solids), roughly chopped

Challenge anyone to identify the main ingredient!

1 Preheat the oven to 200°C/fan 180°C/Gas 6. Grease and line the base and sides of a 20cm loose-based square cake tin with non-stick baking paper.

2 Place the beetroot, eggs, cocoa powder, dates and coconut oil in a food processor and blend until thoroughly combined. You can also blend the ingredients together in a bowl using a stick blender.

3 Add the flour, cinnamon, a pinch of sea salt and the bicarbonate of soda and blend until well combined. Add an extra tablespoon water to loosen the mixture, if needed. Stir in the chocolate, then spoon into the prepared tin, spreading to the sides. Bake for about 20 minutes, or until risen and just firm to the touch.

4 Cool in the tin for 10 minutes, then turn out and cut into squares to serve.

COOK'S TIPS

★ If you use a pack of ready-cooked beetroot from the supermarket, make sure it doesn't contain vinegar or spices! Otherwise, you can cook them yourself – wash the beetroot, place in a pan of water, bring to the boil and cook for 40–45 minutes, or until tender, then peel.

★ Freeze leftover brownies in a lidded container, wrapped in foil.

NON-FAST DAYS

To add a bit of crunch and extra protein, throw in 150g roughly chopped pecans with the chocolate. Serve after a meal with a handful of berries, a dollop of full-fat yoghurt or crème fraîche. (You can reheat in the microwave for a few seconds first, if you like.)

Seeded wholemeal bread

PER SERVING | 178cals | PROTEIN 6.5g | FAT 4g | FIBRE 4g | CARBS 27.5g

SERVES 12

7g sachet dried fast-action yeast
425g strong wholemeal bread flour, plus 1 tbsp extra for kneading
100g mixed seeds
2 tbsp skimmed milk powder
1 tbsp soft light brown sugar
1½ tsp fine sea salt
1 tbsp olive oil, plus extra for greasing

A lovely loaf and slightly chewy. Store leftover slices in the freezer. Ideal for a bread maker.

1 Mix the yeast, flour, seeds, milk powder, sugar and salt in a large bowl and make a well in the centre.

2 Fill a jug with 150ml just-boiled water from a kettle and top up with 200ml cold water to give a total of 350ml lukewarm water. Add the oil and pour into the flour mixture. Using a large spoon, stir to combine into a rough ball.

3 Turn out on to a lightly floured surface and knead for 5 minutes. The dough will be very sticky so add a little flour to the surface if necessary. Place in a lightly oiled bowl, cover with cling film and leave to rise in a warm place for 1½–2 hours, or until almost doubled in size.

4 Gather the dough and form gently into a ball. Line a baking tray with baking paper and place the dough on top. Form into a roughly 18cm round. Score three times with a sharp knife, cover loosely in oiled cling film and leave to prove for 1–1½ hours, or until well risen.

5 Preheat the oven to 220°C/fan 200°C/Gas 7. Remove the cling film and bake for 25 minutes, or until golden brown. The base should sound hollow when tapped. Cool on a wire rack. Serve in thin slices – one serving should be around 65g.

COOK'S TIPS

★ This bread can be made very successfully in a bread maker on the wholewheat setting.

★ To make a homemade crispbread, cut the 1–2-day-old loaf into very thin slices, each around 15g, and place on a baking tray in a preheated oven at 170°C/fan 150°C/Gas 3. Bake for about 20 minutes or until crisp and completely dry. Store in an airtight container.

Your Fast 800 toolkit

Easy ways to maintain your protein intake

Maintaining an adequate protein intake is important when you are fasting. Protein is needed to build and repair tissues such as bones, muscle and cartilage, as well as to make enzymes and hormones, and to support the functioning of a healthy immune system. It also makes meals more filling. We recommend eating around 45–60g protein daily. It is harder for vegetarians to achieve this on 800 calories, so they may need to increase to around 900cals a day to ensure they get enough.

Here are some simple calorie-counted suggestions to help you adapt a dish, whether you are on an 800cals day or a non-fast day, either to increase the protein content or make a meal more satiating. They are particularly useful if you haven't got time to cook a full recipe and you're just starting with a plate of non-starchy veg, or you want something to scatter on a soup or salad.

Meat & fish

- 75g cooked chicken breast (115cals)
- 1 tbsp diced chorizo, about 10g (29cals)
- 1 tbsp chopped fried bacon, about 7g (23cals)
- 75g frozen cooked prawns, defrosted (59cals)
- 45g tuna, canned in oil (85cals)
- 3 drained anchovies in oil (17cals)

Dairy & egg

- 1 tbsp grated cheese, about 10g (41cals)

- 30g Cheddar – about matchbox-sized (124cals)
- 30g halloumi, sliced, lightly fried in 1 tsp olive oil for 4–5 mins (145cals)
- 1 tbsp full-fat live Greek yoghurt, about 40g (37cals)
- 15g full-fat feta (54cals)
- 10g Parmesan (42cals)
- 1 medium egg (78cals)

Vegetarian

- Handful of nuts, around 10g, e.g. walnuts, almonds, hazelnuts (185cals)
- 2 tsp sesame seeds, about 10g (60cals)
- 15g almonds (95cals)
- 100g tofu (73cals)
- 80g cooked edamame beans (85cals)
- 15g mixed seeds (55cals)
- 100g cooked puy lentils (143cals)

Ways to jazz up your greens and non-starchy veg

Greens and non-starchy vegetables are such an important part of the Fast 800 that we encourage you to eat these freely, filling half of your plate with each meal. Steam, boil or microwave them, and then try some of these ideas to make them taste even better. We list minimal-calorie options, for when you are at your 800cals limit, and low-calorie options, for when you've got some calories going spare.

Examples of greens and non-starchy veg:
cabbage, spring greens, chard, kale, pak choi, cavolo nero and spinach; as well as green beans, mange tout, sliced courgette, broccoli or peppers. And salad leaves of all colours – the more colourful the better.

Minimal-calorie ways to add flavour:

- Flaked sea salt and black pepper
- A pinch of crushed dried chilli flakes A little crushed garlic
- ½ tbsp dark soy sauce
- A squeeze of lemon or lime, e.g. on cabbage, broccoli or cauliflower
- ½ tbsp live cider vinegar or balsamic vinegar, e.g. on spinach or cavolo nero

Low-calorie ways to add flavour:

- 1 tsp butter – good on any veg (25cals)
- 1 tsp olive oil – good on any veg (27cals)
- 1 tsp hoisin sauce, e.g. on wilted spinach or cabbage (12cals)
- 1 tsp sesame or nigella seeds, e.g. on fine green beans or cabbage (32cals)
- 1 tsp grated Parmesan scattered on top, e.g. steamed broccoli (8cals)
- ½ garlic clove and ½ tbsp olive oil (plus 1 tsp soy sauce) – good for stir-frying cabbage, mange tout, broccoli or chard (52cals)

SALAD DRESSINGS

These calorie-counted dressings will enhance any plate of leafy greens. Do also feel free to mix and match the salads in Chapter 3 with their dressings to suit you.

- Minted yoghurt dressing – page 70
- Cider vinegar dressing – page 74
- Mustard dressing – page 76
- Yoghurt dressing with herbs – page 78
- Soy and lime dressing – page 80
- Lime dressing – page 84
- Creamy garlicky yoghurt dressing – page 86
- Lemon mayo, non-fast day – page 116
- Balsamic dressing – page 178
- Simple olive oil and lemon juice dressing – page 72
- **Simple salad dressing**

  Place 1 tsp Dijon mustard, 1 tbsp balsamic vinegar and 5 tbsp extra-virgin olive oil in a screw-top jar and season with a good pinch of sea salt and lots of ground black pepper. Fasten the lid and shake really well. Adjust the seasoning to taste. Serve 1 tablespoon of the dressing per person for 102cals. Use within 5 days.

OTHER SIDES AND SAUCES

If you have the calories spare, these sides and sauces will boost any dish.

- Homemade coleslaw – page 87
- Tomato sauce – page 177 (63cals per serving)
- Moroccan-style tomato sauce – page 177 (92cals per serving)
- Quick pickled cucumber – page 146 (insignificant added calories)
- Satay sauce – page 152 (154cals per serving)
- Minty yoghurt raitha – page 106

- Sautéed mushrooms – fry 40g mushrooms in 1 tsp olive oil (63cals)
- Olives – 5 pitted olives in brine (25cals)

How to embrace healthier carbs

The Fast 800 is all about ditching the starchy white stuff – white bread, pasta, potatoes and rice – and embracing complex carbs instead, like wholegrains, beans and lentils, which contain important nutrients and are an excellent source of fibre.

WHOLEGRAINS

We recommend you cook these in larger quantities and freeze them in portions. Crumble in half a stock cube during cooking for added flavour. Beans and lentils are a particularly good source of protein for vegetarians and are good for gut bacteria too. Add around 2 heaped tablespoons on a fasting day, depending on what calories you have to spare, or 3 tablespoons on a non-fast day.

- 1 tbsp cooked brown rice, around 15g (21cals)
- 1 tbsp cooked quinoa, around 15g (18cals)
- 1 tbsp cooked bulgur wheat, around 15g (13cals)
- 1 tbsp cooked puy lentils, around 15g (18cals)
- 1 tbsp cooked pearl barley, around 15g (19cals)

LOW-CARB SWAPS

For alternatives to starchy foods, try some of these. Cauliflower makes an excellent swap as it's very low in calories and high in nutrients. It's also remarkably flexible. We love it.

- **Cauliflower rice** 34cals per portion (see page 129) To serve 2 people, hold a small cauliflower at the stalk end and coarsely grate in sort, sharp movements in a downward direction only to create tiny shavings of cauliflower resembling grains of rice. You can also do this in a food processor but don't let the pieces get too small or they will turn to a paste. Either add the raw cauliflower rice to a stir-fry, or steam or sauté

for 3–4 minutes to cook. You can do this in the microwave – place in a microwave-proof bowl and cook on high for 2–3 minutes. The rice should retain a bit of bite, like al-dente pasta. Stir in some chopped parsley or coriander, or squeeze over some fresh lemon juice for added flavour.

- **Cauliflower mash** 84cals (see step 1 on page 160)
- **Courgetti spaghetti** (100g) 20kcals (see page 168) Allow 1 courgette per person. Use the large noodle attachment of a spiralizer or a potato peeler to make the courgetti. Steam, boil or microwave the courgetti for about 1 minute, or until al dente. If you have the spare calories, heat a drizzle of olive oil in a frying pan and cook the courgetti for about 1 minute, or until softening, and season with a pinch of salt and plenty of black pepper.
- **Squash mash** 55cals (see steps 2 and 4 on page 166)
- **Swede mash** 71cals (see step 4 on page 180)
- **Pea and broccoli mash** 161cals (see step 3 on page 128)
- **Celeriac chips** 64cals (see step 2 on page 182)
- **Cabbage linguini** (100g) 27cals Use ¼ Savoy cabbage for 2 people. Remove the core, finely slice the cabbage then steam for 4–5 minutes or in the microwave for less. You want it to be al dente.
- **Konjak 'zero' noodles or spaghetti** (shiritaki). Originally from Japan, these contain remarkably few calories and plenty of fibre. They are available in most large supermarkets.

Resistant starch or the cook-cool-cook approach

Many people find it hard to give up all starchy carbs. Fortunately, there is some new research which suggests that the way you cook these foods can reduce the amount of sugar you absorb.

The cook-cool-cook technique is a way of converting some of the starch in foods such as potatoes, pasta and rice into 'resistant starch', which resists digestion and instead behaves more like fibre. Your microbiome loves it and you can eat these foods with less of a blood sugar spike. Remember that this method only converts some of the starch, though, so you still need to eat it in moderation!

To do this, first cook your pasta, rice or potatoes as you would normally. Then cool them, ideally for 12 hours in the fridge. When you heat them up fully again, you enhance the effect, converting some of the simple starch into non-digestible resistant starch.

Tips for using the cook-cool-cook approach to convert to resistant starch

- Always choose brown versions of rice or pasta in the first place.
- Store portions in the freezer, so you have them ready to defrost and heat up. You can also scatter pre-cooked grains on a salad or eat them with a meal. Pre-cooked rice is ideal in a stir-fry.
- For your non-fast days, you can make delicious pasta dishes or bakes in advance and reheat portions as needed.
- Keep brown bread in the freezer (which is also a great way to avoid the temptation to finish the loaf) and stick it straight in the toaster.

PREP TIPS AND WHERE TO FIND THEM

- How to toast nuts or seeds – toast nuts in a dry frying pan over a low heat for around 2 minutes, stirring frequently until lightly

browned in places. Seeds need less time.

- How to spiralise veg – see page 243
- How to prepare an avocado – see tip on page 40
- How to poach an egg – see recipe on page 34
- Homemade chicken stock – see tip on page 65
- Quick pickled veg – see recipe on page 146

Good hydration with minimal calories

Regular fluid intake is vital on a fast day to keep your energy levels up. Aim to drink an extra 1–1.5 litres of calorie-free fluids, mainly as water. It is best to avoid drinks with sweeteners as they can upset the good bugs in your gut; they are also likely to maintain your sweet tooth as they are many times sweeter than sugar. If you drink a lot of artificially sweetened drinks, you may need to reduce them over a matter of days or even weeks to avoid withdrawal and cravings. If you must use a sweetener, Stevia is probably best.

Do try some of these lovely ways to add flavour without significant calories. These drinks can be had any time and won't interfere with fat-burning.

COLD REFRESHING DRINKS

We love tap water and drink it straight from the tap, or filtered. If you find you are inclined to forget to increase your fluid intake, try keeping a jug or bottles in the kitchen or at work – ones that need to be finished by the end of the day. Or carry a bottle with you.

If you are not a fan of plain water, here's how you can make it more enticing:

- Keep bottles of water in the fridge as it tastes better cold.
- For more flavour, include a few berries or some fresh herbs, like mint, rosemary or thyme. Or you might add a squeeze of fresh lemon or lime, and drop a twist of the peel into the bottle. A slice or two of cucumber or courgette looks and tastes refreshing. Make up some fruit or herbal tea, cool it and keep it in the fridge.

HOT COMFORTING DRINKS

Try to avoid putting milk in your tea or coffee between meals as this adds calories and interferes with fat-burning – although, added straight after a meal, a dash of milk is fine. For interest, try sipping fruit teas to distract your taste buds. Or have herbal infusions, adding a handful of fresh herbs, such as mint, thyme or sage, to boiled water.

For a feisty flavoured ginger tea: Finely slice about 1cm of an unpeeled ginger root, drop it in a mug and fill with boiling water. Squeeze in some lemon juice to taste, and allow to steep for about 5 minutes. Ginger is a source of magnesium, which helps bone formation. It has been found to reduce blood pressure and can reduce inflammation – as well as getting you through a fasting day…

EXTRA SUPPORT

It can make a real difference to have a partner, family member or diet buddy doing the diet with you in some way. Try to enlist friends, family, colleagues, and anyone interested to help keep you motivated. For more information, see our website www.thefast800.com where you can also access the Fast 800 Online Programme to help you stay on track and integrate the Fast 800 into your life. Time limited 20% discount code offer for the online programme: F800SUPPORT20

Wishing you all the best on your Fast 800 journey!

MEAL PLANNERS

These meal plans are intended to inspire and give you a start but they are also flexible: feel free to repeat a day so you don't have to cook two days in a row, use up your leftovers and swap in different recipes from the book that you like the look of – whatever best suits your life and work. Just keep an eye on the nutritional information on the recipe pages to make sure you are getting adequate protein (ideally more than 45g) and keeping starchy carbs and sugar lowish (try not to go over 75g carbs on most days and ideally keep it just below 50g).

Remember, the 800cals a day figure is just a guide: going over by 40–50cals here and there is not going to make a significant difference to the rate of weight loss. Some days your total calories may be closer to 900cals, but this will level out over the week. You will see that in the meat-free plans the daily calorie total tends to be higher – this is to ensure adequate daily protein is included.

If you have calories to spare, you might want to choose a dressing for your salad or try some of the other ideas on page 241 to jazz up your non-starchy vegetables. On some days, you might want to include a portion of hard fruit, such as an apple or pear, or a handful of berries to take you just over the 800cals. On others, we have fallen far enough below the 800cals for you to have an occasional treat (see pages 220–239).

The important thing, if you want to encourage fat-burning, is to stick to a lowishcarb diet, avoid snacking between meals, and ideally add in some Time Restricted Eating (see page 11 for more on this).

RECIPES FOR ONE OR MANY

Lots of the recipes in this book make two or four servings, on the basis that in most cases one portion can be stored in the fridge and eaten in the following day or two; or it can be frozen. If, however, you are

cooking for larger numbers, and/or including people who are not restricting calories, simply increase their portion sizes as per the non-fast day suggestions. Non-fasters can also add extra complex carbs, such as brown rice, with plenty of added extra-virgin olive oil, flavourings or dressing as appropriate.

With meat/fish 2 meals a day

Week 1

DAY 1

- Leek and salmon quiche in a dish (507cals) (see page 124)
- Simple steak and salad (346cals) (see page 178)

853cals

DAY 2

- Overnight oats (351cals) (see page 22)
- Chicken wrapped in Parma ham (321cals) (see page 143)

672cals

DAY 3

- Chicken Caesar-ish salad (300cals) (see page 78)
- Mediterranean fish bake (384cals) (see page 117)

684cals

DAY 4

- Salmon salad bowl (542cals) (see page 80)
- Peppered pork stir-fry (276cals) (see page 164)

818cals

DAY 5

- Poached eggs with mushrooms and spinach (241cals) (see page 34)
- Beef stroganoff (392cals) (see page 181) serve with 40g portion brown rice (147cals)

780cals

DAY 6

- Shakshuka (312cals) (see page 42)
- One-pot roast chicken (460cals) (see page 140)

772cals

DAY 7

- Poached eggs with mushrooms and spinach (241cals) (see page 34)
- Chicken tikka masala (427cals) (see page 148) serve with 40g portion brown rice (147cals)

815cals

Week 2

DAY 8

- Smashed avocado on toast (289cals) (see page 40)
- Baked salmon with pea and broccoli mash (440cals) (see page 128)

729cals

DAY 9

- Instant porridge in a cup (399cals) (see page 23)
- Chicken, pepper and chorizo bake (421cals) (see page 150)

820cals

DAY 10

- Smoked salmon omelette (339cals) (see page 36) add a dressing to your salad (see page 241)
- Spicy bean chilli (346cals) (see page 192)

685cals

DAY 11

- Tuna Niçoise salad (362cals) (see page 86)
- Chicken goujons with Parmesan crumb (399cals) (see page 138)

761cals

DAY 12

- Edamame and tuna salad (408cals) (see page 82)
- Easy chicken tagine (447cals) (see page 144)

855cals

DAY 13

- Pear and cinnamon porridge (267cals) (see page 18)
- Lamb chops with crushed minted peas and feta (542cals) (see page 172)

809cals

DAY 14

- Chicken, bacon and avocado salad (495cals) (see page 76)
- Mussels with creamy tarragon sauce (381cals) (see page 132)

876cals

Meat-free 2 meals a day

Week 1

DAY 1

- Smashed avocado on toast (289cals) (see page 40) serve topped with 1 poached medium egg (78cals) per person
- Spicy bean burgers (411cals) (see page 204) serve with celeriac chips (64cals) (see page 182)

842cals

DAY 2

- Quinoa, broccoli and asparagus salad (362cals) (see page 70)
- Dan's veggie Bolognese (207cals) (see page 194) serve with 40g wholewheat pasta (130cals) and 10g grated Parmesan (42cals) per person

741cals

DAY 3

- Hummus, carrot and spinach low-carb wrap (see page 95) serve a double portion (2 wraps or 1 large wrap) per person (468cals)
- Roasted vegetable pasta with mozzarella (460cals) (see page 208)

928cals

DAY 4

- Gut-friendly chicory with blue cheese and walnuts (335cals) (see page 74) add 1 sliced hard-boiled egg (78cals) per person
- Chickpea and pistachio pot (397cals) (see page 210)

810cals

DAY 5

- Nut, red pepper and quinoa roast (330cals) (see page 214) add a dressing to your salad (see page 241)
- Spicy bean chilli (346cals) (see page 192) add a dressing to your salad (see page 241)

676cals

DAY 6

- Mushrooms on toasted sourdough (297cals) (see page 39) serve topped with 1 poached medium egg (78cals) per person
- Spicy bean burgers (411cals) (see page 204) serve with celeriac chips (64cals) (see page 182)

850cals

DAY 7

- Poached eggs with mushrooms and spinach (241cals) (see page 34)
- Ratatouille and halloumi bake (see page 212) serve an extra-large portion by dividing the bake into three instead of four (428cals)

669cals

Week 2

DAY 8

- Cowboy baked beans (309cals) (see page 46) serve with 20g grated Cheddar (82cals)
- Dan's veggie Bolognese (207cals) (see page 194) serve with cabbage linguini (see page 242), 10g grated Parmesan (42cals) and add a dressing to your salad (see page 241)

640cals

DAY 9

- Shakshuka (312cals) (see page 42)
- Falafel with harissa vegetables (358cals) (see page 206) serve sprinkled with an extra 10g flaked almonds (63cals) per person and add a dressing to your salad (see page 241)

733cals

DAY 10

- Goat's cheese frittata (294cals) (see page 100)
- Spicy bean chilli (346cals) (see page 192) add a dressing to your salad (see page 241)

640cals

DAY 11

- Blueberry pancakes (284cals) (see page 24) serve with 2 tablespoons full-fat live Greek yoghurt (74cals) and 10g flaked toasted almonds (63cals) per person
- Curried mince and peas (292cals) (see page 205)

713cals

DAY 12

- Fast falafel, hummus and beetroot salad (395cals) (see page 105)
- Mushroom and vegetable biryani (322cals) (see page 195) serve with Minty yoghurt raitha (59cals) (see page 106)

776cals

DAY 13

- Boiled eggs with long-stemmed soldiers (216cals) (see page 38)
- Creamy cashew and tofu curry (598cals) (see page 196) serve with 25g wholewheat noodles (82cals) per person

896cals

DAY 14

- Goat's cheese frittata (294cals) (see page 100) add a dressing to your salad (see page 241)
- Chickpea and pistachio pot (397cals) (see page 210)

691cals

With meat/fish 3 meals a day

Week 1

DAY 1

- Boiled eggs with long-stemmed soldiers (216cals) (see page 38)
- Mediterranean tuna lettuce wrap (196cals) (see page 90)
- Easy chicken tagine (447cals) (see page 144)

859cals

DAY 2

- Overnight oats (351cals) (see page 22)
- Broccoli and blue cheese soup (158cals) (see page 56)
- Swedish spicy carrot with cod (279cals) (see page 118)

788cals

DAY 3

- Nutty banana shake (214cals) (see page 51)
- Mike's peppered mackerel paté (298cals) (see page 97)
- Spicy bean chilli (346cals) (see page 192)

858cals

DAY 4

- Bacon, broccoli, tomato and mushroom fry-up (144cals) (see page 44)
- Bean soup with kale and pesto (249cals) (see page 54)
- Pan-fried pork with apple and leek (355cals) (see page 163)

748cals

DAY 5

- Warm berry compote with yoghurt (190cals) (see page 26)
- Creamy mushroom soup (68cals) (see page 64)
- Chicken tikka masala (427cals) (see page 148)

685cals

DAY 6

- Shakshuka (312cals) (see page 42)
- Pesto bean salad lettuce wrap (308cals) (see page 91)
- Turkey fajitas (195cals) (see page 154)

815cals

DAY 7

- Blueberry pancakes (284cals) (see page 24)
- Prawn mayo lettuce wrap (143cals) (see page 91)
- One-pot roast chicken (460cals) (see page 140)

887cals

Week 2

DAY 8

- Poached eggs with mushrooms and spinach (241cals) (see page 34)
- Clear chicken and pea soup (280cals) (see page 65)
- Ginger and chilli baked fish (233cals) (see page 120)

754cals

DAY 9

- Instant porridge in a cup (399cals) (see page 23)
- Smoked salmon and cream cheese low-carb wrap (200cals) (see page 94)
- Meatballs in tomato sauce (272cals) (see page 177)

871cals

DAY 10

- Smashed avocado on toast (289cals) (see page 40)
- Curried chicken and lentil soup (223cals) (see page 66)
- Ratatouille and halloumi bake (321cals) (see page 212)

833cals

DAY 11

- Chocolate granola (274cals) (see page 20)
- Mediterranean tuna lettuce wrap (196cals) (see page 90)
- Pan-fried fish with lemon and parsley (368cals) (see page 114)

838cals

DAY 12

- Overnight oats (351cals) (see page 22)
- Broccoli and blue cheese soup (158cals) (see page 56)
- Simple chicken casserole (303cals) (see page 142)

812cals

DAY 13

- Iced berry shake (190cals) (see page 50)
- Speedy pizza (221cals) (see page 188) add a dressing to your salad (see page 241)
- Classic burger with celeriac chips (259cals) (see page 182) add a dressing to your salad (see page 241)

670cals

DAY 14

- Bacon, broccoli, tomato and mushroom fry-up (144cals) (see page 44)
- Almost instant noodle soup (210cals) (see page 62)
- Lamb chops with crushed minted peas and feta (542cals) (see page 172)

896cals

Meat-free 3 meals a day

Week 1

DAY 1

- Poached eggs with mushrooms and spinach (241cals) (see page 34)
- Pesto bean salad lettuce wrap (308cals) (see page 91)
- Falafel with harissa vegetables (358cals) (see page 206)

907cals

DAY 2

- Nutty banana shake (214cals) (see page 51)
- Speedy pizza (221cals) (see page 188)
- Spicy bean chilli (346cals) (see page 192)

781cals

DAY 3

- Boiled eggs with long-stemmed soldiers (216cals) (see page 38)
- Asparagus, pea and mint frittata muffins (154cals) (see page 98)
- Spicy bean burgers (411cals) (see page 204) – serve with celeriac chips (64cals) (see page 182)

845cals

DAY 4

- Overnight oats (351cals) (see page 22)
- Goat's cheese frittata (294cals) (see page 100)
- Dan's veggie Bolognese (207cals) (see page 194)

852cals

DAY 5

- Boiled eggs with long-stemmed soldiers (216cals) (see page 38)
- Leek and goat's cheese barley risotto (306cals) (see page 216)
- Mushroom and chestnut hot pot (212cals) (see page 198) – serve sprinkled with 25g toasted nuts over each portion (150cals)

884cals

DAY 6

- Warm berry compote with yoghurt (190cals) (see page 26) – serve sprinkled with 20g toasted flaked almonds (126cals) per person

- Broccoli and blue cheese soup (158cals) (see page 56) – add 50g frozen edamame (53cals) per serving to the soup after blending and heat thoroughly
- Chickpea and pistachio pot (397cals) (see page 210)

924cals

DAY 7

- Boiled eggs with long-stemmed soldiers (216cals) (see page 38)
- Falafel with harissa vegetables (358cals) (see page 206) – add a dressing to your salad (see page 241)
- Spicy bean chilli (346cals) (see page 192)

920cals

Week 2

DAY 8

- Smashed avocado on toast (289cals) (see page 40) – serve topped with 1 poached medium egg (78cals) per person
- Bean soup with kale and pesto (249cals) (see page 54)
- Ratatouille and halloumi bake (321cals) (see page 212)

937cals

DAY 9

- Banana and pecan muffin (322cals) (see page 29)
- Goat's cheese frittata (294cals) (see page 100)
- Mushroom and chestnut hot pot (212cals) (see page 198) – serve sprinkled with 25g toasted nuts (150cals) per person

978cals

DAY 10

- Poached eggs with mushrooms and spinach (241cals) (see page 34)
- Quinoa, broccoli and asparagus salad (362cals) (see page 70)
- Dan's veggie Bolognese (207cals) (see page 194)

810cals

DAY 11

- Strawberry and vanilla yoghurt (123cals) (see page 234)
- Gut-friendly chicory with blue cheese and walnuts (335cals) (see page 74) – serve with 1 sliced hard-boiled egg (78cals) per person
- Chickpea and pistachio pot (397cals) (see page 210)

933cals

DAY 12

- Chocolate and strawberry shake (195cals) (see page 51)
- Garlic and herb stuffed mushrooms (232cals) (see page 200) – serve with 80g cooked edamame beans (85cals) per person
- Spicy bean burgers (411cals) (see page 204)

923cals

DAY 13

- Poached eggs with mushrooms and spinach (241cals) (see page 34)
- Spiced bean and spinach soup (200cals) (see page 58)
- Leek and goat's cheese barley risotto (306cals) (see page 216)

747cals

DAY 14

- Strawberry and vanilla yoghurt (123cals) (see page 234)
- Hummus, carrot and spinach low-carb wrap (see page 95) – serve a double portion (2 wraps or 1 large wrap) per person (468cals)
- Roasted vegetable pasta with mozzarella (see page 208)– reduce the mozzarella to 75g and save 64cals per person (396cals)

987cals

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Fast 800 Stores

Our store cupboard list is intended as a helpful guide. We have included ingredients which come up regularly in our recipes in bold – all of these should be easy to find in a good-sized supermarket – but please don't feel you have to go out and buy every item on the list. Adapt your store cupboard to suit you and feel free to substitute with similar alternatives.

OILS & VINEGARS

Olive oil
Coconut oil
Rapeseed oil
Live cider vinegar
Balsamic vinegar

HERBS & SPICES

Dried oregano
Dried mixed herbs
Flaked sea salt (such as Maldon)
Ground cumin
Ground coriander
Ground turmeric
Smoked paprika
Medium curry powder
Black peppercorns for grinding
Crushed dried chilli flakes

NUTS AND SEEDS

Mixed nuts (such as almonds, pecans, hazelnuts, Brazil nuts and walnuts)
Ground almonds
Flaked almonds
Cashew nuts
Walnuts
Pecans
Mixed seeds (such as sunflower, pumpkin, sesame and flax)

DRIED FOODS

Oats (jumbo and/or rolled)
Canned chopped tomatoes
Quinoa
Stock cubes
Wholewheat flour
Baking powder
Brown rice
Brown basmati rice
Wild rice
Wholewheat pasta and noodles
Red lentils

CANNED & BOTTLED

Chickpeas
Beans – cannellini, borlotti, butterbeans, **haricot,** red kidney beans
Canned tuna
Anchovies
Coconut milk

FLAVOURINGS, SAUCES & PASTES

Harissa paste
Thai red or green curry paste
Medium curry paste
Dark soy sauce
Tomato purée

FRIDGE

Eggs
Full-fat live Greek yoghurt
Cheese – mature Cheddar, goat's cheese, Parmesan, feta
Leafy greens and salad
Lemons
Limes
Garlic
Ginger
Fresh parsley
Fresh coriander
Hummus

Smoked mackerel
Chicken breasts
Cooked chicken
Chorizo
Bacon

FREEZER

Edamame (soya beans)
Peas
Spinach
Frozen mixed vegetables
Prawns
Frozen berries

SWEET THINGS

Soft pitted dates
Maple syrup
Honey
Vanilla extract
Plain 85% chocolate

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